

Warm Sorghum Breakfast Bowl, Greek Yogurt, Honey, Berries

Serving Size: 1 bowl

Makes: 1 serving

Ingredients

¾ cup	Cooked Sorghum
1/2 cup	Milk, whole
2 tsp	Honey
1/8 tsp	Vanilla Extract
¼ cup	Fresh Blackberries
¼ cup	Fresh Raspberries
¼ cup	Fresh Blueberries
¼ cup	Greek Yogurt, plain, fat free

NUTRITION FACTS

PER SERVING

calories	390
total fat (g)	7
saturated fat (g)	2.5
trans fat (g)	0
sodium (mg)	85
total carbohydrate (g)	72
dietary fiber (g)	8
sugar (g)	28
protein (g)	17



RD APPROVED

Preparation

1. In a small pot over medium heat, combine sorghum, whole milk, honey, and vanilla. Once bubbling, lower heat to a simmer for 10 minutes.
2. Transfer to warm sorghum to a bowl and top with blackberries, raspberries, blueberries, and Greek yogurt.



BLOG

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