Chicao & Berry Dessert Cups

Chocolate hummus, creamy yogurt, berries and a little crunch. No oven required.



SERVES	TIME	PROTEIN
4	10 min	~10 g+

YOU WILL NEED

- 1/2 cup Green Deelightz Chicao
- 2 cups plain thick Greek yogurt
- 1 cup fresh berries, divided
- 4 graham cracker squares, crushed
- 1 tsp honey or maple syrup (optional)
- Optional: cinnamon or toasted nuts

HOW TO MAKE IT

01 If you like, sweeten the yogurt with a little honey or maple syrup.

02 Spoon 2 Tbsp of Chicao into each of four small glasses or jars.

03 Layer each cup with 1/2 cup Greek yogurt, berries and crushed graham crackers.

04 Finish with more berries and a pinch of cinnamon. Serve right away or keep chilled.

A LITTLE PROTEIN, TOO

Approximate, per dessert cup

Plain Greek yogurt, 1/2 cup	~10 g
Chicao chocolate hummus, 2 Tbsp	varies
Berries, graham + toppings	~1 g
Sweetener, if added	0 g
YOGURT ALONE	**~10 g**

Total protein will be higher when Chicao is included; its exact amount depends on the product recipe. Keep chilled.