

## Chocolate Berry Decadence



### INGREDIENTS:

- 1 Cinch Chocolate Decadence Bar
- 2 T Chocolate or vanilla non-fat frozen yogurt
- 2 T Fresh berries (raspberries or sliced strawberries)

### DIRECTIONS:

**Place Cinch bar on a microwavable plate. Microwave for 20 seconds. Remove from microwave and top with nonfat frozen yogurt and berries. Enjoy!**

Makes 1 serving.

Calories: 150 calories per serving

### NUTRITIONAL INFORMATION PER SERVING:

11g protein  
21g carbohydrates  
3g fat  
165mg sodium  
0mg cholesterol  
4g fiber