

Recipe Name: Healthy Fruit & Nut Watermelon Dessert
Recipe With Greek Yogurt

Diet Type:

Course: Dessert

Cuisine: Continental

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 Watermelon - cut into wedges	4
• 1/4 cup Black grapes - deseeded & cut into halves	
• 1/4 cup Walnuts - cut into half	
• 4 Badam (Almond) - slivered	
• Mint Leaves (Pudina) - to garnish	
• 1 cup Hung Curd (Greek Yogurt)	
• 1 tablespoon Fresh cream	
• 3 tablespoons Sugar - powdered	
• 1 teaspoon Vanilla Extract	

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	8	25	3	2	15