 **Greek Yogurt Alfredo**

*Serves 4*

**Ingredients**

2 tbsp butter

1.5 tsp garlic powder

½ cup skim or 1% milk

¾ cup 0% fat plain greek yogurt

½ cup parmesan cheese

**Directions**

1. In a medium pot, heat butter over medium heat until melted. Stir in garlic powder and milk. Remove from heat and cool for 2 minutes.
2. Whisk in greek yogurt the add parmesan cheese. Stir until cheese is melted. Add salt and pepper to taste.

**Nutrition**

*130 cals, 5g carb, 9g protein, 8g fat*