 **Mexican yogurt Cup**

*Serves 1*

**Ingredients**

1 cup plain greek yogurt

¼ cup salsa

¼ cup black beans

¼ cup shredded cheese

**Directions**

1. Layer yogurt, salsa, beans, and cheese. Heat if desired.

**Nutrition**

*310 cals, 25g carb, 30g protein, 10g fat*