Crunchy Almond Greek Yogurt Bowl

Creamy plain Greek yogurt topped with toasted crushed almonds for a satisfying low-carb, high-protein snack or breakfast.

Servings: 2 **Time:** 15 minutes

Ingredients

- 1 cup plain Greek yogurt (non-fat or low-fat)
- 1/4 cup raw almonds
- 1/2 teaspoon cinnamon (optional)
- 1 teaspoon sugar-free vanilla extract (optional)

Instructions

1. Preheat oven to 350°F.
2. Spread raw almonds on a baking sheet and toast for 8-10 minutes until golden and fragrant. Let cool.
3. Once cooled, crush the almonds roughly using a rolling pin or food processor.
4. In a bowl, mix Greek yogurt with vanilla extract and cinnamon if using.
5. Top the yogurt with the crushed toasted almonds.
6. Serve immediately for best texture and flavor.

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