Coconut Yogurt with Flaxseed & Fresh Berries

Creamy dairy-free coconut yogurt topped with crunchy flaxseed and antioxidant-rich fresh berries, perfect for a low-carb, high-protein snack supporting lean muscle.

Servings: 2 **Time:** 10 minutes

Ingredients

- 1 cup unsweetened coconut yogurt (dairy-free)
- 2 tbsp ground flaxseed
- 1/2 cup mixed fresh berries (blueberries, raspberries, strawberries)
- 1 tsp chia seeds (optional)
- 1/2 tsp vanilla extract
- 1 tsp unsweetened shredded coconut (optional)
- Honey or low-carb sweetener to taste (optional)

Instructions

1. In a serving bowl, mix the coconut yogurt with vanilla extract and sweetener if desired.
2. Wash and pat dry the fresh berries.
3. Sprinkle ground flaxseed evenly over the yogurt.
4. Top with fresh berries and optionally sprinkle chia seeds and shredded coconut for extra texture.
5. Serve immediately or chill for 10 minutes for a cooler treat.

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