Cinnamon Walnut Greek Yogurt Bowl

Creamy Greek yogurt topped with crunchy walnuts and warm cinnamon for a protein-packed, low-carb snack.

Servings: 2 **Time:** 5 minutes

Ingredients

- 1 cup plain Greek yogurt
- 2 tablespoons crushed walnuts
- ½ teaspoon ground cinnamon
- Optional: 1 teaspoon honey or sugar-free sweetener

Instructions

1. Spoon the Greek yogurt into a serving bowl.
2. Sprinkle crushed walnuts evenly over the yogurt.
3. Dust the ground cinnamon on top of the walnuts.
4. If desired, drizzle honey or sprinkle sweetener for added sweetness.
5. Serve immediately and enjoy!

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