# Creamy Greek Yogurt with Berries & Almond Crunch

*A refreshing low-carb snack featuring creamy Greek yogurt topped with fresh mixed berries and crunchy sliced almonds for a satisfying protein boost.*

**Servings:** 2 **Time:** 10 minutes

## Ingredients

- 1 cup plain Greek yogurt (full-fat or low-fat)
- 1/4 cup fresh strawberries, sliced
- 1/4 cup fresh blueberries
- 2 tbsp sliced almonds, lightly toasted
- 1 tsp chia seeds (optional)
- 1/2 tsp pure vanilla extract
- Stevia or erythritol to taste (optional)

## Instructions

1. In a small bowl, combine Greek yogurt with vanilla extract and sweetener if desired; stir well.
2. Divide the yogurt mixture evenly into two serving bowls.
3. Top each bowl with sliced strawberries and blueberries.
4. Sprinkle sliced toasted almonds evenly over the berries.
5. Optionally, add chia seeds on top for added texture and nutrients.
6. Serve immediately or chill for 10 minutes for a cooler treat.

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