Nutty Berry Greek Yogurt Bowl

A protein-packed, low-carb breakfast featuring creamy Greek yogurt, crunchy walnuts, and fresh mixed berries for a refreshing start.

Servings: 2 **Time:** 5 minutes

Ingredients

- 1 cup plain Greek yogurt
- 1/4 cup crushed walnuts
- 1/2 cup fresh mixed berries (strawberries, blueberries, raspberries)
- 1 tsp chia seeds (optional)
- 1/2 tsp vanilla extract (optional)

Instructions

1. In a bowl, combine the Greek yogurt and vanilla extract, stirring gently.
2. Rinse and pat dry the mixed berries, then add them on top of the yogurt.
3. Sprinkle crushed walnuts evenly over the berries.
4. Optionally, add chia seeds for extra texture and nutrition.
5. Serve immediately for a fresh, high-protein meal.

powered by dishgen