Protein-Packed Greek Yogurt Berry Bowl

A creamy, protein-rich Greek yogurt bowl topped with antioxidant-packed berries and fiber-rich chia seeds for a satisfying low-carb breakfast or snack.

Servings: 2 **Time:** 7 minutes

Ingredients

- 1 cup plain non-fat Greek yogurt
- 1 tablespoon chia seeds
- 1/2 cup mixed fresh berries (blueberries, strawberries, raspberries)
- 1 teaspoon natural almond butter (optional)
- 1 teaspoon sugar-free vanilla extract
- A pinch of cinnamon

Instructions

1. In a bowl, stir the Greek yogurt with vanilla extract and cinnamon until smooth.
2. Sprinkle chia seeds evenly over the yogurt.
3. Top with mixed fresh berries.
4. If desired, add a teaspoon of almond butter for extra creaminess and protein.
5. Let it sit for 5 minutes to allow chia seeds to absorb moisture for a slight gel texture.
6. Enjoy immediately or refrigerate for up to 1 hour before serving.

powered by dishgen