Crunchy Walnut-Topped Greek Yogurt Bowl

Creamy plain Greek yogurt crowned with toasted, crushed walnuts for a satisfying, high-protein low-carb snack or breakfast.

Servings: 2 **Time:** 7 minutes

Ingredients

- 1 cup plain Greek yogurt
- 1/4 cup walnuts, roughly crushed
- 1/2 teaspoon cinnamon (optional)
- 1 teaspoon honey (optional)

Instructions

1. Toast walnuts in a dry skillet over medium heat for 3-4 minutes, stirring frequently until fragrant and lightly browned. Remove from heat and let cool.
2. Spoon 1 cup of plain Greek yogurt into a serving bowl.
3. Sprinkle the toasted walnuts evenly over the yogurt.
4. Optional: Drizzle with honey and/or dust with cinnamon for extra flavor.
5. Serve immediately.

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