



Greek Yogurt Power Bowl

SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: NONE

Ingredients

- 1 cup **plain** Greek yogurt (protein, probiotics)
- ½ cup mixed berries (fiber, antioxidants) organic is best!
- 1 tbsp chia seeds (fiber, omega-3 fats)
- 1 tbsp almond butter (healthy fat)
- 1 tbsp chopped walnuts (healthy fat, protein)
- **Optional:** drizzle with 1 tsp honey or maple syrup

Directions

1. Combine all ingredients in a bowl or cup and enjoy!

Nutrition Highlights (approximate):

- Calories 340-360 Kcal
- Protein ~ 25g
- Fiber ~ 9g