



BERRY GREEK YOGURT POWER BOWL

A cool, quick bowl with creamy yogurt, berries, oats, and chia seeds.

PREP

5 minutes

COOK

0 minutes

YIELD

1 serving

INGREDIENTS

- ¾ cup plain Greek yogurt
- ½ cup fresh or frozen berries
- 2 tablespoons rolled oats
- 1 tablespoon chia seeds
- 1 tablespoon chopped walnuts, optional
- Cinnamon to taste

INSTRUCTIONS

- 01** Spoon the Greek yogurt into a bowl.
- 02** Add the berries, oats, chia seeds, and walnuts.
- 03** Finish with cinnamon and allow frozen berries to soften before eating.

SIMPLE SWAP

Use unsweetened soy yogurt and add a tolerated plant-based protein source for a dairy-free version.