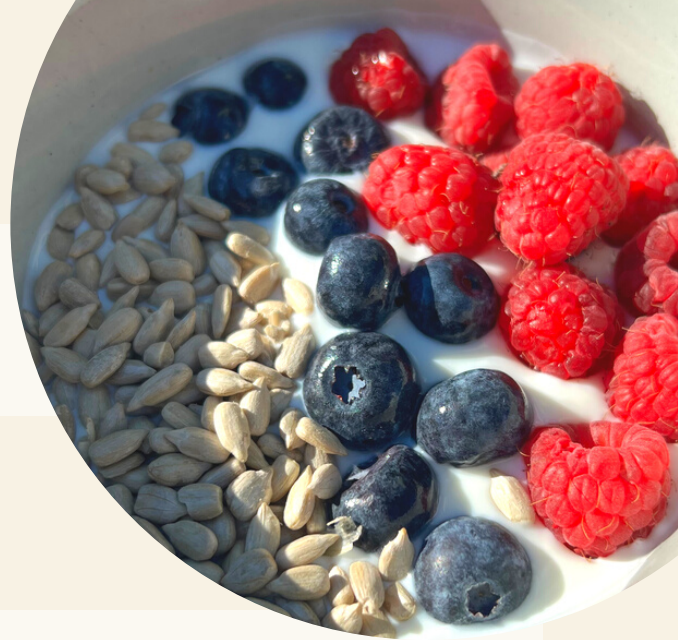


Greek Yogurt Bowl



SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1 cup Plain Greek Yogurt (2% or 5%)- FAGE brand is great
- 1/4 cup mixed berries
- 2 TBSP hemp seeds or ground flaxseed
- Stevia to taste

DIRECTIONS

1. Top Greek yogurt with mixed berries and hemp seeds or ground flaxseed. Add approximately 1 tsp of stevia for sweetener.