

# Berry-Yogurt Protein Bowls

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 4 servings | Serving Size: 1 bowl (~2 cups)

## Ingredients

4 cups plain nonfat Greek yogurt

¼ cup sugar-based sweetener (e.g. honey, maple syrup, agave)

¼ teaspoon ground cinnamon

4 cups fresh or frozen berries (one type or a combination; e.g. blueberries, sliced or chopped strawberries, raspberries, blackberries), thawed if frozen unless making ahead, divided

4 tablespoons (¼ cup) hemp hearts (hulled hemp seeds), divided

4 tablespoons (¼ cup) flax meal (ground flaxseed), divided

## Directions

1. In a medium mixing bowl, stir together the yogurt, selected sweetener, and cinnamon.
2. Divide the yogurt mixture between four individual serving bowls or storage containers (~1 cup each).
3. Top each bowl with 1 cup of the berries, 1 tablespoon of the hemp hearts, and 1 tablespoon of the flax meal.
4. Serve right away, or chill before serving if desired.

## Recipe Notes

- These protein bowls will keep in the refrigerator for up to 7 days.
- Chopped or sliced toasted nuts can be substituted for the hemp seeds and/or flax meal, if desired.



Nutrition Facts Per Serving: Calories: 480 | Total Fat: 16 g | Saturated Fat: 1.5 g  
Sodium: 90 mg | Total Carbohydrate: 53 g | Dietary Fiber: 8.5 g | Protein: 35.5 g

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