



Greek Yogurt Bowl



prep time
5 minutes



total time
5 minutes



servings
1 bowl

Ingredients

- 210 grams Fat Free Greek Yogurt
~ 3 protein servings
- 130 grams Strawberries, cut into small pieces ~ ½ carb serving
- 84 grams Raspberries
~ ½ carb serving
- 69 grams Blueberries
~ ½ carb serving
- 44 grams Banana, cut into small pieces ~ ½ carb serving
- 31 grams Sliced Almonds
~ 1 fat serving

Instructions

- 1 Mix together and enjoy!

Feel free to swap out the fruit for any other type, or even just have one type if you prefer. Any nuts or seeds could be swapped for the almonds for your fat serving.

Whole Recipe Breakdown:

3 Servings Protein
2 Servings Carb
1 Serving Fat
0 Servings Veggies

