

Greek Yogurt with Honey & Nuts (Greece)

Category: Breakfast | Cuisine: Greek, Mediterranean

Prep Time: 10 mins | Cook Time: 15 mins | Total Time: 25 mins

Ingredients:

- 1 cup (200g) low-fat Greek yogurt
- 1 tbsp honey
- 10 raw almonds, chopped
- 5–6 fresh strawberries or blueberries

Instructions:

1. Scoop yogurt into a bowl.
2. Drizzle honey over the top.
3. Sprinkle chopped almonds.
4. Add fresh berries and serve chilled.

Nutrition Facts (per serving):

Nutrient	Amount
Calories	280 kcal
Protein	14 g
Carbohydrates	34 g
Fat	8 g
Fiber	3 g

Tips:

- ✓ Use raw honey for extra antioxidants.
- ✓ Swap almonds for walnuts if desired.
- ✓ Keep portion size moderate to stay within healthy low calorie meals range.