

Honey Walnut Greek Yogurt Cups (Greece)

Prep Time: 5 min

Ingredients (serves 2):

- 1 cup Greek yogurt
- 2 tbsp honey
- 1/4 cup chopped walnuts
- Optional: pinch of cinnamon

Procedure:

1. Spoon yogurt into cups.
2. Top with honey, walnuts, and cinnamon.

Nutrition: ~120 kcal • Protein 9 g • Fat 6 g • Carbs 12 g

Benefits:

- Heart-healthy fats
- Anti-inflammatory
- Balanced sweet snack