

Turkish Yogurt & Honey Cups

Prep Time: 5 min

Ingredients (serves 2):

- 1 cup Greek yogurt
- 2 tbsp raw honey
- 2 tbsp chopped walnuts
- Pinch of cinnamon

Procedure:

1. Divide yogurt into 2 cups.
2. Drizzle honey, sprinkle cinnamon.
3. Top with walnuts.

Nutrition: ~140 kcal • Protein 9 g • Fat 6 g • Sugar 12 g

Benefits:

- Blood sugar regulation (cinnamon)
- Probiotics + healthy fats
- Quick immune-boosting snack