

USA – Granola & Berry Froyo Bowl

Prep Time: 10 min

Ingredients (serves 1):

- 1 cup low-fat Greek yogurt
- ¼ cup mixed berries
- 2 tbsp low-sugar granola
- 1 tsp chia seeds

Procedure:

1. Add yogurt to bowl.
2. Layer berries, granola & chia seeds.
3. Serve immediately.

Nutrition: ~200 kcal • Protein 12 g • Fat 4 g • Carbs 28 g

Benefits: High-protein • Fiber-rich fruits • Omega-3 from chia • Quick & satisfying