

Greek Yogurt with Honey, Walnuts & Berries

Prep Time: 5 minutes | **Cook Time:** 0 minutes | **Servings:** 1

Ingredients:

- 1 cup plain Greek yogurt (unsweetened, low-fat or full-fat)
- 1 tbsp honey
- 2 tbsp walnuts (chopped)
- ½ cup fresh mixed berries (blueberries, raspberries, or strawberries)

Steps:

1. Scoop Greek yogurt into a bowl.
2. Drizzle honey over the yogurt.
3. Add chopped walnuts and fresh berries on top.
4. Serve immediately.

Nutrition (approx):

- Calories: 280
- Protein: 15g
- Carbs: 28g
- Fat: 11g
- Fiber: 4g

Tips:

- Swap walnuts for almonds or pecans if desired.
- Use a sugar-free sweetener to cut down carbs.