

Flaxseed & Yogurt Digestive Bowl

Description: A quick, protein-packed bowl that's great as breakfast or a snack, combining flaxseed with probiotics for a powerful gut-healing effect.

Prep & Total Time

- **Prep Time:** 5 minutes
- **Total Time:** 5–10 minutes

Ingredients

- 1/2 cup plain Greek yogurt (or plant-based yogurt with live cultures)
- 1 tbsp ground flaxseed
- 1 tsp chia seeds
- 1 tbsp chopped nuts
- Fresh fruits: banana slices, blueberries, or apple chunks
- Drizzle of honey (optional)

Instructions

1. Stir flaxseed into yogurt.
2. Add fruits, nuts, and toppings.
3. Eat immediately or chill for 10 minutes.

Benefits

Combines prebiotics (fiber) with probiotics (yogurt) to balance gut flora and reduce bloating naturally. The flaxseed fiber supports digestion, while yogurt strengthens the microbiome.

Nutrition (Per Serving, approx.)

- Calories: 200
- Protein: 10g
- Fat: 8g
- Carbohydrates: 20g
- Fiber: 5g
- Sugar: 8g (varies with fruit & honey)