

Ricotta Berry Breakfast Bowl

Prep Time: 5 minutes

Servings: 1 adult (or 2 snack-size portions)

Ingredients:

- ½ cup part-skim ricotta
- ¾ cup mixed berries (fresh or frozen)
- 1 Tbsp chia seeds
- 1 tsp raw honey
- Pinch of cinnamon

Steps:

1. Microwave berries for 45 seconds until just warm.
2. Stir in ricotta, chia seeds, honey, and cinnamon.
3. Let sit for 2 minutes so chia thickens slightly.
4. Serve immediately and enjoy.

Nutrition Highlights (per serving):

- **Calories:** 250 kcal
- **Protein:** 18 g
- **Fiber:** 7 g
- **Calcium:** 210 mg

Health Benefits:

- **Ricotta:** Whey proteins help boost serotonin and support mood.
- **Berries:** Rich in anthocyanins, reduce neuron inflammation, and calm oxidative stress.
- **Chia Seeds:** High in omega-3s and fiber, stabilize blood sugar and improve digestion.
- **Cinnamon & Honey:** Natural antioxidants, help curb sugar cravings.

Pro Tips:

- Use frozen berries if fresh are unavailable—they thaw quickly in the microwave.
- Sprinkle extra cinnamon for blood sugar support and flavor.
- Pair with a cup of green tea for added antioxidants and stress-relief boost.