Greek Yogurt Bowl



SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1 cup (125g) Greek Yogurt (whole milk)
- · 1/4 cup (34g) mixed berries
- 1 tbsp (10g) pumpkin seeds or sunflower seeds
- (Option to serve with two hard boiled eggs for an additional 13 grams of protein).

DIRECTIONS

 Top Greek yogurt with mixed berries and pumpkin seeds.

NUTRITION INFO

Calories: 334, Carbobydrate: 17 grams, Protein: 26 grams, Fat: 19 grams

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Patrick Vollmar

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