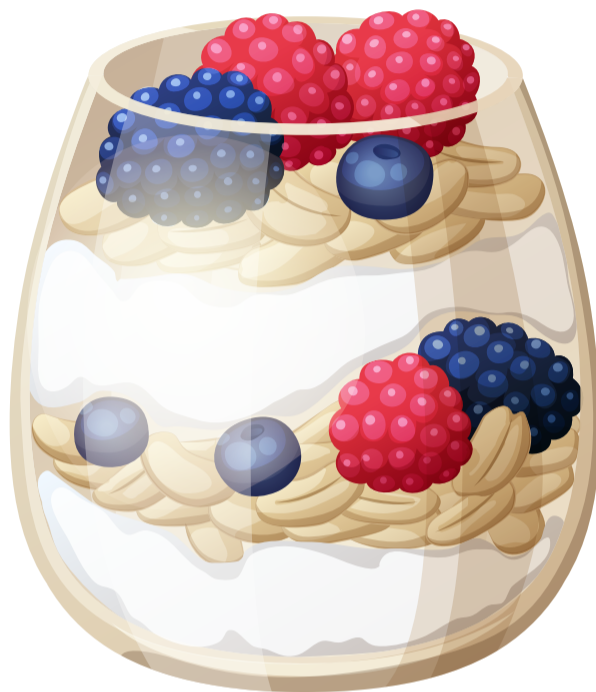


Yogurt Breakfast Bowls

(Mena)



Ingredients:

- Vanilla or Plain Yogurt as the base
- Berry Almond Yogurt Bowl: strawberries, raspberries, blueberries, sliced almonds
- Peach Granola Yogurt Bowl: peaches, granola, sliced almonds
- Tropical Yogurt Bowl: pineapple, kiwi, coconut flakes, chia seeds
- Banana Almond Butter & Chia Yogurt Bowl: bananas, almond butter, chia seeds
- Strawberry Melon Yogurt Bowl: strawberries, cantaloupe, chia seeds

Directions:

- You can prep this bowl in just minutes, using whatever you have on hand in your kitchen. These yogurt bowls have a good balance of protein, carbohydrates and fiber when you add fruits, nuts and/or chia seeds. Just use a plain Yogurt as the base and get creative with the toppings!