

SNACK / HIGH PROTEIN



Berry Chia Protein Yogurt Bowl

Creamy Greek yogurt blended with protein powder, flax, chia, berries, honey, and cinnamon for a filling five-minute snack.

5 min

1 serving

Snack

high-protein

quick

sweet

493

Calories / serving

46g

Protein / serving

35g

Carbs / serving

19g

Fat / serving



Ingredients

- 1 cup plain whole-milk Greek yogurt (227 g)
- 1 tsp honey (7.1 g)
- 1 scoop organic vegan protein powder (24 g)
- 1 tbsp ground flaxseeds (6.5 g)
- 1 tbsp chia seeds (12 g)
- 1/4 cup strawberries, diced (38 g)
- 1/4 cup blueberries (36.25 g)
- 1/4 tsp cinnamon (0.57 g)

Method

- 1 In a bowl, whisk together the Greek yogurt, honey, and protein powder until smooth and fully combined.
- 2 Stir in the ground flaxseeds and chia seeds until evenly incorporated.
- 3 Top the yogurt mixture with strawberries and blueberries, then sprinkle with cinnamon.

RENEE'S NOTE

"Whisk the protein powder into the yogurt before adding the seeds so the bowl stays creamy instead of clumpy."

RENEE'S TWEAK

Use a shallow bowl so the measured berries can sit in one even layer without sinking into the yogurt mixture.