

BREAKFAST / HIGH PROTEIN



Vanilla Greek Yogurt and Berry Breakfast Cup

Vanilla Greek yogurt layered with honey, chia seeds, and fresh berries for a quick, creamy breakfast.

5 min

1 serving

Breakfast

high-protein

quick

sweet

552

Calories / serving

43g

Protein / serving

52g

Carbs / serving

21g

Fat / serving



Ingredients

- 1½ cups whole milk greek yogurt - vanilla (340.5 g)
- 1 tbsp honey (21 g)
- 1 tbsp chia seeds (12 g)
- 1/4 cup strawberries (38 g)
- 1/4 cup blueberries (36.25 g)
- 1/4 cup raspberries (30.75 g)

Method

- 1 Whisk the vanilla Greek yogurt with the honey and chia seeds until the mixture is uniform.
- 2 Spoon one-third of the yogurt mixture into a clear meal-prep glass and distribute one-third of each berry over it.
- 3 Continue with the remaining two layers, using all of the yogurt and berries, then refrigerate until serving.

RENEE'S NOTE

"For cleaner layers, use a clear glass and spoon the yogurt in gently along the inside edge. Refrigerate within 2 hours, keep at 40°F (4°C) or below, and use refrigerated leftovers within 3 to 4 days."

RENEE'S TWEAK

Tap the glass lightly after each yogurt addition so the layer settles against the sides without smearing the berries above it.