### Berry-Yogurt Protein Bowls

**Prep:** 10 minutes  |  **Cook:** 0 minutes  |  **Total:** 10 minutes  

**Yield:** 4 servings  |  **Serving Size:** 1 bowl (~2 cups)

#### Ingredients

- 4 cups plain nonfat Greek yogurt
- ¼ cup sugar-based sweetener (e.g. honey, maple syrup, agave)
- ¼ teaspoon ground cinnamon
- 4 cups fresh or frozen berries (one type or a combination; e.g. blueberries, sliced or chopped strawberries, raspberries, blackberries), thawed if frozen unless making ahead, divided
- 4 tablespoons (¼ cup) hemp hearts (hulled hemp seeds), divided
- 4 tablespoons (¼ cup) flax meal (ground flaxseed), divided

#### Directions

1. In a medium mixing bowl, stir together the yogurt, selected sweetener, and cinnamon.
2. Divide the yogurt mixture between four individual serving bowls or storage containers (~1 cup each).
3. Top each bowl with 1 cup of the berries, 1 tablespoon of the hemp hearts, and 1 tablespoon of the flax meal.
4. Serve right away, or chill before serving if desired.

#### Recipe Notes

- These protein bowls will keep in the refrigerator for up to 7 days.
- Chopped or sliced toasted nuts can be substituted for the hemp seeds and/or flax meal, if desired.