



Dose  of Nutrition

## Strawberry Yogurt Bowl

BY HUMA NAZ



1 serving

Total time:  
5 mins.

Vegetarian



### INGREDIENTS

- 3/4 cup of nonfat plain Greek yogurt
- 1/3 cup strawberries, diced
- 2 tbsp. granola
- 2 tbsp. mixed nuts (I used sliced almonds & walnuts)
- 1 tbsp. dark chocolate or semi-sweet chocolate chips
- 1 tsp. chia seeds
- Dash of ground cinnamon
- Light drizzle of honey

### PROCEDURE

01

Add the yogurt to the center of a medium bowl, use a spoon to smooth out the top of the yogurt.

02

Then get creative and decorate the yogurt with each ingredient: nuts, chocolate chips, granola, strawberries, cinnamon and chia seeds. Lastly, drizzle over honey and enjoy immediately.

### RECIPE NOTES

- If you follow a dairy-free diet, you can swap the regular Greek yogurt with a dairy-free yogurt option (ex: coconut yogurt, soy yogurt, almond yogurt)
- For a gluten-free diet, you can make sure to use a certified gluten free granola
- To prevent the toppings from getting soggy, add them to the yogurt right before serving.

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