

Sunshine Breakfast Bowl

Ingredients

- 1 1/2 cups Greek yogurt
- 2 cups fresh or frozen berries
- 2 bananas, sliced
- 1/2 cup granola
- 4 tablespoons walnuts or other nuts
- 1/2 teaspoon cinnamon

Directions!

1. In two medium bowls, add half the berries on one side and half the sliced bananas on the other.
2. Top each bowl with 3/4 cup yogurt.
3. Sprinkle 1/4 cup granola, 2 tablespoons walnuts, and 1/4 teaspoon cinnamon on top of each bowl.

makes 2 servings

2211 Meal Plan Servings

- 2 - 1 cup berries and 1 banana
- 2 - 3/4 cup Greek yogurt
- 1 - 1/4 cup granola
- 1 - 2 tablespoons walnuts

**EAT MOVE
GROOVE**