

Berry Breakfast Bowl

By Kathy Everett & Donna Owen



Prep time:	5 min
Cook time:	
Serves:	1

Dietary Requirements:

Vegan	X	Low Carb		Gluten-Free	X	Nut-Free	
Vegetarian	X	Sugar-Free	X	Grain-Free	X	Soy-Free	X

Ingredients:

- 1 cup organic berries (blueberries, strawberries, raspberries)
- 1/2 cup dairy-free, unsweetened yogurt OR chia pudding
- 1/4 cup Grain-Free granola

Directions:

1. Rinse and drain berries
2. Place in bowl
3. Top with yogurt (or chia pudding) and granola