

LOADED YOGURT BOWL

PREP TIME: 5 MINUTES

Ingredients:

Plain yogurt of choice
local honey
ground flax seed
ground chia seed
sesame seeds
All-Bran Original
pumpkin seeds
raisins
frozen fruit

*you choose how much of everything you'd like

Directions:

Add plain yogurt of your choice to a bowl and then mix in some local honey to sweeten it. Sprinkle some ground flax seed, ground chia seed, and sesame seeds onto yogurt (I usually do about 1/2-1 tbsp of each).

Add All-Bran Original (or the Buds, but not the Flakes), raisins, and pumpkin seeds to the bowl.

Top with frozen (or fresh) fruit. I like blueberries, mango, and strawberry. I microwave the larger fruit chunks for 30-sec before adding them to the bowl.

Stir everything in the bowl and enjoy!