

Yogurt Delight

“Yiaourti me meli” - Greek yogurt with honey- is the perfect and easiest treat! Delicious and nutritious can be enjoyed anytime of the day as a breakfast, snack or light snack.



Ingredients:

½ cup Greek yogurt (low fat or fat free)
1 tbsp Honey (more or less to taste)
1 tbsp Crushed walnuts (optional)
 Cinnamon powder to taste (optional)

Directions:

1. Place Greek yogurt into a bowl
2. Drizzle with honey and add rest of the optional ingredients.
3. Enjoy!