



Chocolate Covered Blueberry Greek Yogurt

This makes a delicious protein-rich breakfast or lunch. For a snack, use only the yogurt, blueberries or apple and cocoa powder.

Ingredients:

- 1 container of fat free organic Greek, plain yogurt
- 1/2 cup frozen unsweetened blueberries - thawed
- 1/2 an apple, chopped, skin on
- 1 tsp. of unsweetened cocoa powder
- 1 Tbsp. chia seeds
- 2 Tbsps. slivered almonds or other nut/seed of choice (optional)
- 2 Tbsps. cup raw oats, unsweetened muesli or cooked quinoa (optional)

Directions:

1. Combine yogurt, chia seeds, cocoa powder and oats/quinoa/muesli, if using, in bowl.
2. Defrost blueberries in microwave (approx. 2 minutes on defrost setting)
3. Pour thawed blueberries and all their juices over the yogurt mixture.
4. Stir thoroughly.
5. Top with nuts/seeds and apple pieces.
6. Enjoy!

Compliments of Eat Right Be Fit Live Well