



**Eat Right  
Be Fit  
Live Well**

## **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 tsp. of unsweetened cocoa powder  
1 Tbsp. ground flaxseed  
2 Tbsps. slivered almonds or other nut/seed of choice  
2 -4 Tbsps. cup raw oats, unsweetened muesli or cooked quinoa

### **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.
6. Enjoy!

*Compliments of Eat Right Be Fit Live Well*