



Spin Your Own Axis

Greek Yogurt & Granola Bowl



- **Prep Time:** 10 minutes
- **Cook Time:** You can leave Greek yogurt and chia seed overnight or let sit for 30 min
- **Total Time:** 10 minutes
- **Serving:** 1

Ingredients

- 100g NF Greek yogurt
- 10g Chia seed
- 50g Banana

- 29g Cinnamon Granola with cranberry and seeds (Bear brand from Wegman's)
- 50g Raspberries
- 10 Hempseed

Instructions

1. You'll need mason jars or a bowl.
2. Add NF Greek yogurt first, then add chia seed. (You can leave both overnight or let sit for 30 minutes before you begin to assemble) Your choice.
3. Add banana, followed by cinnamon granola, raspberries and top it off with raspberries.
4. Overall, you can eat after assembling or leave it cooling in the fridge for 30 minutes or overnight.

Nutrition Facts

- **Serving Size:** 1.
- **Calories:** 347
- **Carbohydrates:** 41g
- **Sodium:** 150g
- **Fat:** 11g
- **Sugar:** 12g
- **Protein:** 12g
- **Iron:** 5%
- **Fiber:** 12g