

High-Protein Nut & Seed Power Bowl

Source: unknown

$\frac{3}{4}$ cup Greek yogurt (plain, nonfat or low-fat) - ~17-20 g protein

3 tbsp hemp seeds - ~10 g

2 tbsp chia seeds - ~5 g

2 tbsp peanut butter or almond butter - ~7-8 g

1 tbsp pumpkin seeds - ~3 g

Optional toppings: berries, cinnamon, cocoa powder, drizzle of honey

Spoon the yogurt into a bowl.

Stir in nut butter until smooth.

Sprinkle hemp seeds, chia seeds, and pumpkin seeds on top.

Add optional toppings if you want sweetness or crunch.

Eat immediately or let it sit 5-10 minutes for a thicker, pudding-like texture.