

# **Greek Yogurt & Chia Bowl**

## **Ingredients**

- 1/2 cup plain Greek yogurt
- 1 tbsp chia seeds
- 1/4 cup diced apple
- Dash of cinnamon

## **Instructions**

1. Mix ingredients in a bowl.
2. Chill or serve immediately.

## **Health Benefits**

Probiotics, fiber, and protein-rich.