

Healthy Smoothie Bowl

Ingredients:

1. 2 cups Epigamia Natural Greek Yogurt
2. ½ cup chopped apples
3. 1 tsp flax seeds
4. Handful of blueberries
5. Handful of cherries
6. 1 tbsp of crushed dried fruits
7. ½ tbsp. honey to taste

Instructions:

1. In a medium size bowl pour in the Natural Yogurt and top it up with fresh fruits including apples, cherries, blueberries or any other fruits of your choice.
2. Also add flax seeds ,sunflower seeds and crushed dry fruits for some added crunch.
3. Top it up with a drizzle of honey for taste.