



Figs & Yoghurt with Flax

1 serving

5 minutes

Ingredients

- 1/2 cup Plain Greek Yoghurt
- 1 tbsp Ground Flax Seed
- 3 Fig (sliced)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	289
Fat	5g
Saturated	2g
Carbs	50g
Sugar	39g
Protein	14g
Cholesterol	17mg
Sodium	72mg

Directions

- 1 In a small bowl, mix together yoghurt and flax. Top with figs and drizzle syrup overtop. Enjoy!

Notes

No Greek Yoghurt, Use any yoghurt alternative or coconut cream (additional calories may apply)

No Maple Syrup, Use honey instead.

Leftovers, Refrigerate in an airtight container up to 5 days.