



Figs & Yogurt with Flax

2 servings

5 minutes

Ingredients

1 cup Plain Greek Yogurt
2 tbsps Ground Flax Seed
6 Fig (sliced)
2 tbsps Maple Syrup

Directions

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

Notes

No Greek Yogurt, Use any yogurt alternative or coconut cream.

No Maple Syrup, Use honey instead.

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