

## **GREEK YOGURT DESSERT WITH HAZELNUT AGAVE AND SHAVED DARK CHOCOLATE**

**10 OZ. PLAIN GREEK YOGURT, LOWFAT OR FAT FREE  
2 T HAZELNUT FLAVORED AGAVE NECTAR (OR USE REGULAR AMBER  
AGAVE)  
4 TSP. SHAVED DARK CHOCOLATE  
2 TSP MILLED FLAXSEED**

**DIRECTIONS: USE A CHEESE GRATER OR MICROPLANE GRATER TO SHAVE  
4 TSP. DARK CHOCOLATE INTO A SMALL BOWL AND MIX WITH FLAXSEED.  
DIVIDE GREEK YOGURT INTO TWO BOWLS. DRIZZLE 1 T HAZELNUT  
FLAVORED AGAVE NECTAR OVER EACH BOWL OF YOGURT. SPRINKLE 2  
TSP. SHAVED DARK CHOCOLATE OVER THE TOP AND SERVE.**

## **BERRY BONANZA**

**1 GREEK YOGURT  
1/4 CUP OF CHOPPED STRAWBERRIES  
1/4 CUP OF BLUEBERRIES  
2 TSP MILLED FLAXSEED  
1/4 CUP OF GRAPE NUTS  
2 TSP OF HONEY**

**DIRECTIONS:  
ADD GRAPE NUTS, GREEK YOGURT, AND HONEY INTO A BOWL AND MIX.  
ADD BERRIES AND FLAXSEED INTO THE BOWL AND MIX AGAIN. GRAB A  
SPOON, SIT DOWN, AND ENJOY!**