

greek yogurt and honey delight

ingredients

1 cup of greek yogurt

**1 handful of walnuts-as
fresh as possible**

honey

a little cinnamon



Spread the yogurt on any dish or cup that suits your fancy.

Place the chopped walnuts on top.

Drizzle the honey (it should be a generous portion!).

And top with the amount of cinnamon you desire.

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**This is a filling and satisfying dessert.
It can also be used as breakfast or snack**