berries ‘n yogurt

NIBBLEDISH CONTRIBUTOR

Ingredients

- vanilla (or plain) yogurt - raspberries - blueberries - blackberries - strawberries - ground cinnamon (optional)

Instructions

One of the easiest meals you can whip up for breakfast, that also doubles as a "good for you" snack. Use one cup of your favorite brand of plain, or vanilla yogurt. Then add one cup of fresh mixed berries (raspberries, blueberries, blackberries and/or strawberries). For an added kick, sprinkle with ground cinnamon. Enjoy!