

# BERRY CRISP



## INGREDIENTS:

- $\frac{3}{4}$  cup  
Blueberries and  
Strawberries  
(or Raspberries)
- 1 Tbsp Protein  
Powder
- 2 Tbsp Oats
- 1 Tbsp Nut or  
Seed Butter
- 2 Tbsp Plain,  
Unsweetened  
Greek Yogurt

## DIRECTIONS:

1. Heat oven to 350 degrees.
  2. Place berries in a small oven safe bowl or dish.
  3. Combine nut butter, protein powder, and oats together to form a crumbly mixture.
  4. Pour the crumbles over the top of the berries.
  5. Place in the oven, uncovered, and bake for 15 minutes.
  6. Remove when done and allow to cool for about 5 minutes.
  7. Top with Greek Yogurt
- Enjoy!

Makes 1 Serving

Calories: 248 | Protein: 17 gm | Carbs: 28 gm | Fat: 9 gm