

**Be** 

BrickhouseBodymind.com

**Nutritional  
Information**

Total Cals - 252

**Fat**

3.5 Grams  
32 Calories  
13% of Total

**Carbs**

37 Grams  
148 Calories  
58% of Total

**Prot**

18 Grams  
72 Calories  
29% of Total

# The Yogi Bowl

vegetarian - breakfast



**Ingredients**

3/4 Cup Kashi GoLean Crunch  
(or similar product)  
2/3 Cup Plain Organic Low-Fat  
Yogurt  
Handful of your favorite berries

**Directions**

1. Layer yogurt over cereal and then  
sprinkle berries on top.

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