



## Glow Bowl: Berry Yogurt with Chia, Walnuts & Citrus Zing

Anti-inflammatory. No grains. No sugar. All glow.

If you read my article on inflammation, you know I'm all about giving the body what it actually needs: real food, rest, movement, and the kind of calm that can't be bottled (and if you didn't — go do that, it's a good one).

This recipe is one of my go-to ways to start the day — or reset after a day that went a little sideways.

It's creamy. It's crunchy. It's loaded with berries, citrus, healthy fats, and fiber — and it skips the added sugar, processed junk, and grain-based fillers that so often sneak into “healthy” breakfast bowls. Basically, it's the exact opposite of the kind of breakfast that spikes your blood sugar and leaves you hungry an hour later.

You don't need a blender. You don't need to cook. You don't need to overthink it. This is what anti-inflammatory nourishment looks like when it's delicious, doable, and made with real unprocessed ingredients.

### Ingredients:

- 1 cup unsweetened coconut yogurt (plain, full-fat preferred, no artificial or “natural” flavors— check the ingredients!)
- 1 cup mixed berries (blueberries, raspberries, blackberries — fresh or thawed from frozen)
- 1 tablespoon chia seeds
- 1 tablespoon hemp seeds (*optional but great for omega-3s*)
- 2 tablespoons chopped raw walnuts (*or any nut of choice*)
- ½ teaspoon vanilla powder
- ½ teaspoon ground Ceylon cinnamon
- Zest of ½ a lemon or orange
- 1 teaspoon fresh lemon or orange juice

No added sweetener needed — the berries and citrus bring enough natural sweetness on their own.

### **Instructions:**

1. In a small bowl, mix the coconut yogurt with vanilla powder, cinnamon, zest, and lemon/orange juice. Let it sit for a minute while you grab your toppings. This little pause helps the flavors wake up and blend.
2. Layer it all together in your bowl or favorite glass jar:  
Start with the yogurt, then pile on the berries, chia, hemp, and walnuts.
3. Top it off with an extra sprinkle of cinnamon or a touch more zest if you want to get fancy.
4. Eat it right away or let it chill for 10–15 minutes so the chia can thicken things up.

This Bowl Works Because:

- Berries are full of antioxidants and flavonoids that help reduce inflammation.
- Chia + hemp + walnuts bring omega-3s, fiber, and protein to the party.
- Citrus adds brightness and a punch of vitamin C (plus flavor without sugar).
- Coconut yogurt (unsweetened!) makes it creamy, cooling, and gut-friendly — without any dairy or added junk.

Why Ceylon cinnamon?

- It's known as "true" cinnamon (as opposed to Cassia cinnamon).
- It contains significantly less coumarin, a compound that can be harmful in large amounts.
- It has a softer, slightly sweeter flavor — perfect for yogurt bowls.
- And yes, it's considered more anti-inflammatory than conventional Cassia.

It's simple. It's nourishing. It's grain-free, sugar-free, and actually satisfying. So if you're looking for a gentle way to love your body back into balance — start here. This bowl delivers.