

Yogurt Delight

"Yiaourti me meli" - Greek yogurt with honey- is the perfect and easiest treat! Delicious and nutritious can be enjoyed anytime of the day as a breakfast, snack or light snack.



Ingredients:

- ½ cup Greek yogurt (low fat or fat free)
- 1 tbsp Honey (more or less to taste)
- 1 tbsp Crushed walnuts (optional)
- Cinnamon powder to taste (optional)

Directions:

1. Place Greek yogurt into a bowl
2. Drizzle with honey and add rest of the optional ingredients.
3. Enjoy!

Spicy watermelon Feta Salad

Simple and tasty, makes the perfect summer salad!



Ingredients:

- 3 cups Watermelon cut in 2-inch chunks, seeded and preferably chilled.
- 1 cup Crumbled feta cheese
- Fresh coarse ground black pepper to taste
- ½ tsp Red pepper flakes (optional)

Directions:

1. In a large bowl, combine the above ingredients.
2. Serve immediately.