Greek Yogurt with Granola and Berries: Protein Breakfast Bowl

Thick strained yogurt paired with toasted grains and tart fresh fruit



PREP	TOTAL	SERVES	CALORIES
5 min	5 min	2 servings	310 kcal

Ingredients

- 500 ml plain Greek yoghurt
- 15 ml honey, optional
- 2 g vanilla extract, optional
- 100 g strawberries, sliced
- 50 g blueberries
- 50 g blackberries
- 60 g store-bought granola, low-sugar, gluten-free if desired
- 2 g sea salt, optional pinch

Instructions

1. Prepare the yoghurt: Place the 500 ml of plain Greek yoghurt into the medium bowl. Use a spoon to smooth the surface.
2. Sweeten the base: Drizzle 15 ml of honey over the yoghurt if you wish to add sweetness. Stir gently to blend so the honey does not pool in one spot.
3. Add the vanilla: Stir 2 g of vanilla extract into the yoghurt mixture. Mix until the texture is smooth and the scent is uniform.
4. Prepare the berries: Wash your fruit thoroughly. Slice 100 g of strawberries and portion 50 g of blueberries and 50 g of blackberries for clean presentation.
5. Add the granola: Spread 60 g of granola evenly over the top of the yoghurt. This creates a stable base for the fruit.

6. Arrange the fruit: Place the sliced strawberries, blueberries and blackberries on top of the granola. Arrange them in a decorative pattern for better visual appeal.
7. Finish and serve: Give the bowl a final gentle stir if you prefer the textures mixed. Serve immediately to ensure the granola remains crisp.

Notes

What goes wrong and whyThe granola becomes soggy if you leave the bowl at room temperature for longer than 30 minutes. The moisture from the yoghurt seeps into the grains, destroying the crunch. Spot this early by checking the texture of the topping; serve the bowl immediately to maintain the contrast.

What to serve with itPair this bowl with a chilled green smoothie to create a balanced, nutrient-rich breakfast. You can also add toasted almonds or walnuts for extra protein. Drizzle a thin stream of maple syrup or honey over the berries if you prefer a higher level of natural sweetness.

Storing and reheatingKeep the assembled bowl in the fridge for up to 2 days, though the granola will soften. Do not freeze this dish. The yoghurt loses its creamy texture and the granola becomes soft when frozen, which ruins the intended mouthfeel of the breakfast bowl.