Greek Yogurt Granola Bowl: High-Protein Breakfast

Strained yogurt whipped smooth with protein powder and topped with crisp clusters



PREP	TOTAL	SERVES	CALORIES
5 min	5 min	1 bowl	485 kcal

Ingredients

- 25 g vanilla whey or plant-based protein powder
- 240 g plain fat-free Greek yogurt
- 1/4 tsp ground cinnamon
- 15 ml cold water or unsweetened almond milk, optional, to adjust consistency
- 35 g low-sugar oat and nut granola clusters
- 50 g fresh strawberries, hulled and sliced
- 40 g fresh blueberries
- 16 g smooth natural peanut butter or almond butter
- 1 tsp pure honey or maple syrup, optional, to taste

Instructions

1. Weigh the dry base: Weigh 25 g of protein powder into the base of a wide serving bowl first. Putting the dry powder beneath the dairy prevents fine powder from escaping over the sides when you begin stirring. Keep the powder centered so it incorporates evenly.
2. Add yogurt and spice: Spoon 240 g of thick plain Greek yogurt directly over the protein powder and scatter 1/4 tsp of ground cinnamon on top. The weight of the dense yogurt immediately traps the powder underneath. This direct contact allows the moisture to begin hydrating the dry grains immediately.
3. Whisk until silky: Stir the yogurt and powder vigorously from the centre outwards for 60 to 90 seconds using a small balloon whisk or silicone spatula. Work through any thick pockets until the mixture turns glossy, completely lump-free, and uniform in colour. Be thorough so no dry residue remains hidden against the bowl base.

4. Adjust the cream consistency: Assess the texture of the whipped base before adding any toppings. If the mixture feels overly stiff or chalky, stir in 15 ml of cold water or unsweetened almond milk a splash at a time until a lush, spoonable cream forms. Smooth the surface into an even layer across the bowl using the back of a spoon.
5. Layer clusters and fruit: Arrange 35 g of crunchy granola clusters in a tidy crescent across one side of the yogurt base. Lay 50 g of sliced strawberries and 40 g of fresh blueberries neatly alongside the granola. Keeping the components in defined rows prevents the fruit juices from softening the crisp oat clusters prematurely.
6. Drizzle nut butter: Warm 16 g of smooth natural peanut butter or almond butter for 10 seconds in the microwave if it is too stiff to pour freely. Drizzle the warm nut butter across the fruit and yogurt surface in thin ribbons, adding 1 tsp of optional honey or maple syrup if you prefer extra sweetness.
7. Serve straight away: Serve the bowl immediately with a dessert spoon while the granola remains completely crisp and the fruit is fresh. Leaving the assembled bowl to sit will draw moisture into the toasted oats and turn them soggy.

Notes

What goes wrong and whyAdding dry powder directly over cold dairy without immediate, vigorous mixing causes the protein to seize into chalky, unblended clumps. The powder draws surface moisture from the yogurt faster than it disperses. If the mixture looks stiff or grainy, stir in cold liquid 5 ml at a time to restore a silky texture.

What to serve with itPair the rich dairy base with a hot cup of black pour-over coffee, ceremonial matcha, or green tea. The gentle bitterness and clean acidity of unsweetened hot drinks slice cleanly through the dense creaminess of the strained yogurt, peanut butter, and toasted oat clusters without introducing unwanted additional sugars.

Making it aheadMix the Greek yogurt and protein powder in an airtight glass jar and keep it chilled in the fridge for up to 2 days. Store the granola clusters separately at room temperature. Never assemble the bowl in advance, as resting drawn fruit juices and cold dairy will rapidly soften the crisp toasted oats.