Greek Yogurt Granola Peanut Butter Bowl: Protein Breakfast

Thick chilled yogurt and crunchy granola balanced with smooth nut butter



PREP	TOTAL	SERVES	CALORIES
5 min	5 min	2 bowls	520 kcal

Ingredients

- 500 g plain, low-fat Greek yogurt, split between two bowls
- 140 g plain granola, split between two bowls
- 60 g natural smooth peanut butter, split between two bowls
- 15 ml raw honey, optional
- 50 g fresh blueberries, optional
- 20 ml unsweetened almond milk, optional for creaminess
- granola shards, for garnish
- chia seeds, for garnish

Instructions

1. Prepare the base: Place 250g of chilled plain, low-fat Greek yogurt into a clean glass bowl. Use chilled yogurt so that the base stays firmer when you add the other toppings. Repeat this for the second serving.
2. Add the granola: Sprinkle 70g of plain granola evenly over the surface of the yogurt. This ensures you get a consistent crunch in every mouthful. Ensure the granola covers the yogurt entirely.
3. Drizzle the peanut butter: Drizzle 30g of natural, smooth peanut butter into the centre of the bowl. The peanut butter provides a rich, savoury contrast to the tart yogurt. Keep the drizzle concentrated in the middle for now.
4. Swirl the mixture: Use a small spoon or spatula to gently swirl the peanut butter through the yogurt. Stop when you see a marbled effect. This distributes the flavour without fully blending the textures.
5. Sweeten and add fruit: Drizzle 15ml of raw honey over the mixture and stir again if you want extra sweetness. Fold in 50g of fresh blueberries. The berries add a bright flavour and essential vitamin C.

6. Adjust the texture: Add a splash of approximately 20ml of unsweetened almond milk and stir to combine. This creates a lighter, creamier feel. Use this step if the yogurt feels too dense for your preference.
7. Garnish and serve: Top the bowl with extra granola shards or a pinch of chia seeds for added texture. Serve immediately to maintain the freshest crunch. If you prefer a thicker texture, let the bowl sit uncovered for 5 minutes at room temperature.

Notes

What to serve with itPair this bowl with a glass of chilled unsweetened oat milk for a creamy contrast. You can also top the mixture with sliced fresh strawberries and toasted almond slivers for a Mediterranean twist, or add hemp hearts to increase the omega-3 content and provide more crunch.

Storing and reheatingConsume the bowl within 2 hours if left at room temperature to maintain safety and texture. Do not freeze the completed bowl because frozen Greek yogurt separates and becomes grainy. You must store the individual components separately in the fridge and assemble the bowl fresh before eating.

Getting the texture rightChill the Greek yogurt for at least an hour before assembly so it stays firmer when mixed with granola. To prevent the granola from clumping, toast it in a dry pan over medium-low heat for 4 minutes. Let the assembled bowl sit uncovered for 5 minutes for a thicker texture.

Making it aheadPrepare the components separately and store them in the refrigerator for 2 to 4 days. Mix the yogurt and peanut butter just before serving to keep the granola crisp. If you need it for on-the-go, transfer the assembled bowl into a portable, airtight container.