Greek Yogurt Granola Smoothie: Protein-Rich Breakfast Drink

Creamy yoghurt and frozen berries balanced by a crunchy toasted topping



PREP	TOTAL	SERVES	CALORIES
5 min	5 min	1 servings	350 kcal

Ingredients

- 125 g plain Greek yoghurt
- 120 ml unsweetened almond milk
- 150 g frozen mixed berries
- 70 g banana, approx 1 small banana
- 30 g granola
- 1 tsp vanilla extract
- 1 tsp honey
- chilled serving glass, 250 ml

Instructions

1. Combine the base: Place the frozen mixed berries, sliced banana, plain Greek yoghurt, and unsweetened almond milk into the blender. Add the vanilla extract and honey. Using a blender ensures all ingredients integrate for a uniform texture.
2. Blend the mixture: Blend on high speed for 30 to 45 seconds. You want the mixture to be smooth and frothy. This aeration gives the smoothie a lighter feel.
3. Adjust the taste: Taste the smoothie now. Add a little extra honey or another splash of milk if you prefer a different sweetness or a thinner consistency.
4. Prepare the glass: Pour the blended mixture into a chilled 250 ml glass. A chilled glass keeps the frozen berries from melting too quickly.
5. Add the granola: Generously sprinkle the 30 g granola over the top. Let it lie proudly on the surface. This prevents the granola from sinking and keeps the crunch intact.

6. Serve immediately: Serve the smoothie while cold. Ensure the granola remains dry on top to provide the classic crunchy contrast to the creamy yoghurt.

Notes

How it differs from the traditional methodThis method blends the yoghurt and fruit into a smooth base rather than layering them in a parfait. This creates a consistent texture and integrated flavour. Use the layered method if you prefer distinct strata of ingredients and a more substantial, spoonable meal rather than a drinkable smoothie.

Storing and reheatingKeep the blended base in the refrigerator for up to 24 hours. Store the granola in a separate airtight container to prevent it from becoming soggy. You can freeze the smoothie base for up to 3 months, but defrost it overnight in the fridge before adding fresh granola.