

Zucchini Bread Recipes

Fruit Smoothie Bowl – 5-Minute Greek Yogurt Recipe

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1 cup Greek yogurt (plain, full-fat or low-fat)
- [ ] 1 cup frozen mixed berries (strawberries, blueberries, raspberries)
- [ ] 1 ripe banana, sliced and frozen
- [ ] ½ cup orange juice (fresh or bottled)
- [ ] 1-2 teaspoons honey (optional)

Toppings

- [ ] ¼ cup granola
- [ ] 1 tbsp chia seeds
- [ ] Fresh sliced fruit (banana, kiwi, berries)
- [ ] A drizzle of honey or maple syrup (optional)

Instructions

1. Place the frozen berries, banana slices, Greek yogurt, and orange juice into a blender.



2. Blend on high until the mixture is smooth and creamy; stop to scrape down the sides as needed.



3. Taste and add honey if you'd like extra sweetness; blend briefly to incorporate.



4. Pour the blended mixture into two bowls, then sprinkle granola, chia seeds, and fresh fruit on top.



5 Enjoy immediately, savoring the cool silk of yogurt and the crisp texture of the toppings.



Nutrition per serving

310 kcal	14 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the blend is too thick, add a splash more orange juice.
- For extra protein, stir in a scoop of vanilla whey powder after blending.
- To keep toppings crunchy, add them just before serving.