

Yogurt Bowl



Introduction

This chocolate peanut butter protein yogurt bowl recipe makes an easy and healthy breakfast or snack! You only need a few ingredients and 5 minutes to make a healthy yogurt bowl packed with protein, healthy fat, and carbs. Top with toppings of choice!

Prep Time : 5

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Cook Time: --

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Total Time: 5



Serving: 1 Serving

Ingredients

- **1 cup plain Greek yogurt (8 ounces – I used 0% fat)**
- **1 scoop chocolate protein powder (about 1/4 cup – 25 grams)**
- **1 tablespoon peanut butter**
- **1/4-1/2 teaspoon cinnamon**
- **toppings: granola, fruit, peanut butter, honey, cacao nibs, cinnamon...**

Instructions

1. Make the yogurt bowl. Add all ingredients to a bowl (for easier stirring, put the protein powder in the bottom of the bowl so it doesn't go all over the place when stirring). Mix well until smooth and combined.
2. Enjoy! Top with toppings of choice and enjoy!

Notes

Make it gluten free: Use gluten-free bread. My assistant Megan recommends Canyon Bakehouse 7-Grain Bread, which she buys at Natural Grocers.