

Helergon Kitchen

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)
- [ ] 1 cup mixed berries (fresh or frozen)
- [ ] 1 ripe banana, sliced
- [ ] 1 tsp honey
- [ ] 1 tsp fresh lemon juice

Toppings

- [ ] 2 tbsp granola (gluten-free if needed)
- [ ] 1 tbsp sliced almonds
- [ ] 1 tsp chia seeds
- [ ] Fresh mint leaves for garnish

Instructions

1. Gather all ingredients; wash berries, slice banana, and have yogurt ready.
2. In a blender, combine Greek yogurt, berries, banana, honey, and lemon juice. Blend until smooth but not liquid.
3. Pour the thick mixture into two serving bowls, spreading evenly with the back of a spoon.
4. Top each bowl with granola, sliced almonds, chia seeds, and a few mint leaves. Serve immediately.

Nutrition per serving

320 kcal	18 g	38 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using frozen berries, add a splash of milk to aid blending.
- Adjust honey to taste; ripe bananas may need less sweetness.
- For extra protein, stir in a scoop of vanilla whey protein after blending.