



BREAKFAST

Greek yoghurt power bowl

Thick, creamy and done in five minutes. The whey turns a simple yoghurt bowl into a proper protein hit.

Ready in **5 min** | Serves **1**



PROTEIN

53g

CARBS

36g

FAT

6g

CALORIES

410kcal

• INGREDIENTS

250g 0% fat Greek yoghurt

1 scoop (30g) whey protein, vanilla or unflavoured

100g mixed berries, fresh or frozen

20g granola

1 tsp honey (optional)

• METHOD

- 1 Spoon the yoghurt into a bowl and stir in the whey until smooth. Add a splash of water if it gets too thick.
- 2 Top with the berries. Frozen ones work well and soften as you eat.
- 3 Sprinkle over the granola and drizzle with honey if you like it sweeter.

• SWAPS AND TIPS

- Make it the night before in a jar and grab it on the way out.
- Swap the granola for chopped nuts if you want fewer carbs and a bit more fat.
- No whey? Use 350g yoghurt instead for around 39g protein.

Macros are per serving and approximate. They vary with brands and portions, so check labels if you're tracking closely.