

GREEK YOGURT POWER BOWL

When noon is your first meal (or breakfast needs to be fast), this bowl covers protein without a blender or a grocery run. Sweet, salty, done.

5 minutes · Serves 1



Ingredients

- 1 cup plain Greek yogurt (whole-milk or 2%)
- ½ cup berries (fresh or thawed frozen)
- 1–2 Tbsp salted nuts or seeds (walnuts, almonds, pumpkin seeds)
- 1 tsp honey or maple (optional)
- Pinch of cinnamon
- Optional: 1 Tbsp nut butter, handful of granola you actually like

Instructions

- 1 Spoon yogurt into a bowl.
- 2 Top with berries, salted nuts or seeds, cinnamon, and a drizzle of honey if you want it.
- 3 Add nut butter or granola if that's what makes it feel like a real meal.
- 4 Eat slowly enough that it counts as lunch, not a race.

Annie note

If your eating window starts at noon, this is an easy “first plate” that isn’t coffee-and-a-banana alone. Protein first; perfection later.