

Treasure Barrel

5-Minute Fruit Smoothie Bowl with Greek Yogurt

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

Ingredients

Fruit Base

- [ ] 1 cup mixed berries (fresh or frozen)
- [ ] 1/2 cup Greek yogurt
- [ ] 1/4 cup orange juice
- [ ] 1 tsp honey (optional)
- [ ] 1 tsp lemon zest

Toppings

- [ ] 2 tbsp granola
- [ ] 1 tsp chia seeds
- [ ] Fresh berries for garnish
- [ ] A drizzle of honey

Instructions

1. Wash the berries, remove stems, and pat dry. Slice larger strawberries into bite-size pieces.
2. In a blender, combine the berries, Greek yogurt, orange juice, honey, and lemon zest. Blend just until smooth, stopping before it becomes a runny liquid.
3. Pour the thick blend into a chilled bowl, smoothing the top with a spoon.
4. Arrange granola, chia seeds, and extra fresh berries on top. Finish with a light drizzle of honey.
5. Serve immediately, enjoying the contrast of cool creaminess and crunchy toppings.

Nutrition per serving

280 kcal	12 g	38 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a colder bowl, chill your serving bowl before pouring the blend.
- Add a pinch of sea salt to the blend to heighten the fruit's natural sweetness.
- For extra protein, stir in a scoop of vanilla protein powder after blending.