Banana Yogurt Breakfast Bowl

A quick bowl of cool yogurt, sweet banana and crunchy granola for busy mornings.

Prep 5 min **Cook** 0 min **Serves** 1

Ingredients

- ☐ ¾ cup plain Greek yogurt
- ☐ 1 medium banana, sliced
- ☐ ¼ cup granola
- ☐ 1 tbsp peanut or almond butter, optional
- ☐ ¼ tsp ground cinnamon
- ☐ 1 tsp honey, optional



Spoon & Joy recipe illustration.

Before you start

Choose ripe, firm bananas
A heavily spotted banana tastes sweeter but turns soft quickly once sliced. Use one that still holds its shape.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Spoon yogurt into a shallow bowl.

2. Arrange banana slices on top.

3. Scatter granola over the banana.

4. Add nut butter if using, and finish with cinnamon and honey to taste.

5. Serve immediately while the granola remains crisp.

Storage & making ahead

Assemble just before eating. Store yogurt chilled and keep granola dry.

A useful variation Swap banana for berries or pears. For nut allergies use a suitable seed butter or skip it.

Read this recipe on Spoon & Joy