

Long Livo

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 (full-fat)
- [ ] 1/2 cup frozen mango chunks
- [ ] 1/2 cup mixed berries (fresh or frozen)
- [ ] 1 teaspoon honey (optional)
- [ ] 1 teaspoon fresh lime juice

Toppings

- [ ] 1/4 cup granola
- [ ] 2 thin slices banana
- [ ] A drizzle of honey
- [ ] A few fresh mint leaves

Instructions

1. Gather all ingredients, wash the berries, and pat them dry.
2. In a blender, combine the Greek yogurt, frozen mango, berries, honey, and lime juice; blend until smooth and thick.
3. Pour the mixture into a wide bowl, smoothing the top with the back of a spoon.
4. Arrange granola, banana slices, and a light drizzle of honey on top; garnish with mint.
5. Enjoy immediately, perhaps alongside granola cups for extra texture.

Nutrition per serving

310 kcal	14 g	38 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the blend is too thick, add a splash of milk or water.
- Use frozen fruit to keep the bowl chilled without needing ice.
- Adjust sweetness to taste; ripe mango may reduce the need for honey.