



# Peanut Butter Yogurt Bowl

*Enjoy this creamy Peanut Butter Yogurt Bowl for a balanced breakfast, snack, or sweet treat. Greek yogurt is swirled with peanut butter and topped with crisp apple slices, crunchy granola, and a drizzle of honey. It's a perfect combination of textures and flavors.*

Yield: 1 serving

**Ingredients:**

- 1- 1 ½ cups Greek yogurt of choice
- 2 Tbsp peanut butter
- ¼ cup granola of choice
- drizzle of honey (optional)
- 1 apple or any fruit your choice

**Directions:**

1. Fill your bowl with about 1- 1 ½ cups of Greek yogurt of your choice.
2. Mix in the peanut butter and stir until thoroughly combined.
3. Top the peanut butter-yogurt mixture with about ¼ cup of your granola of choice.
4. Chop the apple (or fruit of choice) and place on top of the granola. Optional: drizzle honey on top of the ingredients. Enjoy!

**Recipe notes:**

- You can personalize this recipe with your favorite ingredients. Try different nut butters like almond butter or cashew butter. Or try additional ingredients, such as seeds (like pumpkin seeds or walnuts) and other fruits, like blueberries or strawberries.

**Nutrition Info per serving:**

Calories: 618 Saturated Fat: 4.7 g, Cholesterol: 12.5 mg, Sodium: 214 mg, Added Sugars: 42.7g, Fiber: 9g, Protein: 38g

Source: <https://karisbakes.com/2024/03/14/peanut-butter-yogurt-bowl/>