

Yoghurt brekkie

BOWL BUILDER

YOUR GO-TO FORMULA FOR A HEALTHY
BREKKIE BOWL



1



CHOOSE YOUR YOGHURT

The creamy base of
your bowl.

Add a little extra flavour
if you like:

- drizzle of honey
- splash of vanilla
- sprinkle of cinnamon



Greek
yoghurt



Natural
yoghurt



Skyr or
high-protein
yoghurt



Cottage
cheese
(optional)

2



ADD FRUIT

For natural sweetness,
colour, vitamins
and fibre.



Berries



Banana



Tropical fruit



Stewed
or baked fruit

Use fresh, frozen or dried – whatever you enjoy! –

3



ADD CRUNCH

For texture, satisfaction
and a boost of nutrients.



Muesli or
granola



Puffed grains
(e.g. quinoa,
buckwheat)



Nuts
(e.g. almonds,
walnuts)



Seeds
(e.g. pepitas,
sunflower seeds)

4



ADD HEALTHY FATS & SEEDS

To keep you full and
support energy levels.



Nuts
(e.g. almonds,
walnuts)



Seeds
(chia, flaxseeds,
hemp seeds)



Nut or seed
butter
(e.g. almond,
peanut, tahini)



Avocado
(sliced)



Coconut
(shredded
or flakes)

5



FINISH WITH EXTRAS

The little touches
that make it
extra special!



Cacao nibs
or chocolate
chips



Cinnamon



Coconut
flakes



Honey or
maple syrup



Fresh herbs
(mint)



Protein
powder
(optional)



Mix, match and enjoy. Use what
you love and make it your own



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