

Piña Colada Breakfast Bowl



Start your day with a taste of the tropics! This piña colada-style breakfast bowl is the perfect mix of creamy coconut and sweet, juicy fruit—a little morning vacation in a bowl. It's refreshing, delicious, and packed with nutrients to fuel your day.

Preparation 5 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 430

Fat 14

Carbohydrates 51

Fibre 9

Protein 23

Sodium 80

Ingredients

- 180 ml ($\frac{3}{4}$ cup) plain Greek yogurt, 0% M.F.
- 125 ml ($\frac{1}{2}$ cup) pineapple, cut into small cubes
- 60 ml ($\frac{1}{4}$ cup) [homemade granola](#)
- 15 ml (1 tbsp) chia seeds
- 15 ml (1 tbsp) unsweetened coconut flakes

Preparation

1. In a small bowl, top the yogurt with all remaining ingredients.
2. Serve immediately and enjoy!

Notes

Can be stored in the refrigerator for up to 4 days. Cannot be frozen.



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