

High-Soluble-Fibre Yogurt Breakfast Bowl



This express breakfast bowl is the perfect morning treat to nurture your [digestive health](#) right from the get-go. Packed with well-tolerated soluble fibre, it's an option our team of nutritionists loves to suggest for clients looking to improve their digestive wellness or those managing [irritable bowel syndrome \(IBS\)](#). It is the ideal compromise for a wholesome morning treat to start your day on the right foot—without worrying about discomfort!

Preparation 5 min
Cooking 0 min
Servings 1
Nutrition Facts (per serving)
Calories 370
Fat 8
Carbohydrates 46
Fibre 15
Protein 29
Sodium 260

Ingredients

- 250 mL (1 cup) plain 2% M.F. Greek yogurt
- 1 kiwi, peeled and diced
- 60 mL (¼ cup) bran cereal (such as All-Bran Buds)

- 7.5 mL (½ tbsp) chia seeds

Preparation

1. Spoon the yogurt into a breakfast bowl or a to-go container.
2. Top evenly with the diced kiwi, chia seeds, and All-Bran Buds cereal.
3. Add the strawberry jam as a final touch.
4. Serve immediately for maximum crunch, or take it to the office to enjoy later.

Notes

Can be stored in the refrigerator for up to 3 days.



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