

# OJ Granola Breakfast Bowl

1 Serving

1/3-1/2 cup Granola or other Crunchy Cereal

1/2 cup Greek Yogurt

1-2 Tbsp Shaved coconut

Splash Orange Juice

1 Tbsp Slivered Almonds

1/2 sliced Banana

Place granola in bowl. Top with Greek yogurt. Add other toppings and finish with orange juice just before eating.

- *Use what you have on hand! Other ideas include cut apples, berries, dried fruit, and mixed nuts.*

Nutrition Information Per approx. 1 cup serving: 360 calories, 19 g protein, 8 gm fat, 60 gm carbohydrates, 125 mg sodium.

*The acid in orange juice helps helps to absorb more iron in your cereal.*

*Recipe Courtesy of UGA Food Services*



**<https://www.uhs.uga.edu/nutrition/kitchen>**