GLOBAL · BREAKFAST

Greek Yoghurt Bowl with Berries, Walnuts and Chia

5 min · Serves 1 · 558 kcal a serve · Video 5:12 · Dan Martin

Vegetarian · Gluten-free ingredients

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About 30 g protein in a no-cook bowl, plus around 10 g fibre from chia, berries and nuts, plant omega-3 from walnuts and chia, live cultures from yoghurt and kefir, and just a teaspoon of added sugar.

Ingredients 9 · SERVES 1

- [ ] 200 g **Greek yoghurt** (or plant-based yoghurt)
- [ ] 60 ml **kefir** (or a tablespoon or two)
- [ ] 50 g **frozen mixed berries**
- [ ] 15 g **walnuts**, crushed
- [ ] 15 g mixed **nuts and seeds**
- [ ] 15 g **chia seeds**, soaked overnight
- [ ] 45 ml **water**, for soaking the chia (3 parts water to 1 part chia)
- [ ] 1 tbsp **kinako** (roasted soy flour), or swap to almond flour, peanut powder or protein powder
- [ ] 1 tsp **maple syrup** (optional)

Allergens found in the listed ingredients: Milk, Tree nuts, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. The night before, stir the chia seeds into three times their volume of water and leave to soak. 3:23
2. In the morning, mix the Greek yoghurt with the kefir and spoon into a bowl. 3:32
3. Layer on the berries, soaked chia, walnuts, mixed nuts and seeds, and the kinako or other powder. 3:39
4. Drizzle with a little maple syrup if you want it sweeter. 3:45

> **Tip** Soak the chia the night before (not counted in the time). For more protein, add a scoop of protein powder or more yoghurt. For a vegan bowl, use plant-based yoghurt and add soy milk or protein powder.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
558 kcal	30 g	34 g	11 g	36 g	100 mg
2,330 kJ	60% of a day	23 g net · 19 g sugars	38% of a day	9.7 g saturated	4% of a day
		12% of a day		46% of a day	

Energy from net carbs 17% · protein 22% · fat 61% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 258% · Vitamin B12 70% · Selenium 57% · Magnesium 41% · Vitamin E 41% · Calcium 37% · Zinc 30%

Source of (10–19%) Folate 18% · Vitamin B6 17% · Potassium 16% · Iron 15% · Vitamin C 15% · Vitamin A 12%

Recipe and video: Dan Martin (@imdanmartin) on YouTube — youtube.com/watch?v=xjsUUja9VWg, published 28 August 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/dm-greek-yoghurt-power-bowl