

Smarter Cereal Bowl: A High-Protein Breakfast That Keeps You Full

The Breakfast Upgrade That Keeps You Full Longer

Many breakfast cereals are marketed as healthy, but they often leave you hungry again within an hour. The problem isn't always the cereal itself—it's the lack of protein and healthy fats that help stabilize blood sugar and support sustained energy.

This Smarter Cereal Bowl transforms an ordinary bowl of cereal into a balanced, satisfying breakfast that supports fullness, energy, and better appetite control throughout the morning. By adding Greek yogurt, chia seeds, and berries, you get more protein, fiber, and nutrients without adding much extra effort.

Whether you're rushing out the door, working from home, or looking for a healthier breakfast option, this simple bowl can help you start your day on the right track.

Ingredients

- 1 cup high-fiber cereal (look for at least 5g fiber and low sugar)
- $\frac{1}{2}$ cup plain Greek yogurt
- Splash of unsweetened almond milk
- $\frac{1}{2}$ cup mixed berries (fresh or frozen)
- 1 tablespoon chia seeds

Instructions

Step 1

Pour the high-fiber cereal into a bowl.

Step 2

Add the Greek yogurt and drizzle in a splash of almond milk.

Step 3

Top with berries and chia seeds.

Step 4

Gently mix and enjoy immediately.

Women's Health Benefits

Supports Blood Sugar Balance

The combination of protein, fiber, and healthy fats helps slow digestion and may reduce blood sugar spikes compared to cereal alone.

Helps You Stay Fuller Longer

Protein from Greek yogurt and fiber from cereal, berries, and chia seeds work together to increase satiety and reduce mid-morning cravings.

Supports Digestive Health

Fiber helps promote healthy digestion and supports beneficial gut bacteria.

Provides Important Nutrients

Berries contain antioxidants, while chia seeds provide omega-3 fatty acids, calcium, and magnesium.

Game Changer Tip

Mixing Greek yogurt with a splash of almond milk creates a creamy texture while significantly increasing the protein content of your breakfast. This simple trick can help keep hunger away much longer than eating cereal alone.

Nutrition Facts

Per Serving (Approximate)

- Calories: 290
- Protein: 18g
- Carbohydrates: 33g
- Fiber: 10g
- Sugars: 8g
- Fat: 8g
- Saturated Fat: 1.5g
- Omega-3 Fatty Acids: 2.5g
- Calcium: 20% DV
- Iron: 15% DV

Nutrition values will vary depending on the cereal and yogurt used.

Recipe Notes

For even more protein, add an extra $\frac{1}{4}$ cup of Greek yogurt. If you prefer additional sweetness, use naturally sweet berries rather than adding sugar. This recipe is easy to customize with strawberries, blueberries, raspberries, or blackberries depending on what's in season.