

PB and J Yogurt Bowl

INGREDIENTS

For Jam:

- 2 cups fresh or frozen blueberries
- 1-2 tablespoons maple syrup or honey (optional, depending on sweetness)
- 1 tablespoon fresh lemon juice
- 2 tablespoons chia seeds
- Pinch of salt

For Bowls (Meal Prep for 4 Bowls)

- 5 cups FAGE 0% Greek yogurt (about 40-42 oz total)
- 4 tablespoons natural peanut butter
- ½-¾ cup blueberry chia seed jam
- ½-1 tablespoon honey or maple syrup (optional - 0% can be tangier)
- Pinch sea salt (optional but recommended)

DIRECTIONS

Make the Jam First

1. Add blueberries to a small saucepan over medium heat.
2. Cook 5-8 minutes, stirring occasionally, until they begin to burst and release juices.
3. Use the back of a spoon or a potato masher to mash to your desired texture (leave it chunky or smooth it out).
4. Stir in maple syrup (if using), lemon juice, salt, and chia seeds.
5. Reduce heat to low and simmer 2-3 more minutes.
6. Remove from heat and let sit 10-15 minutes, it will thicken as it cools.
7. Keeps 7-10 days in the fridge.

Make the Bowls (Meal Prep for 4 Bowls)

1. Add about 1¼ cups (10-11 oz) yogurt to each container and stir in a drizzle of honey if desired.
2. Top with 1 tablespoon peanut butter and 1-2 tablespoons chia jam.
3. Lightly swirl or leave layered.
4. Seal and refrigerate for up to 4-5 days.
5. Add granola or fresh fruit before serving.