



Healthdor

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Peanut Butter Protein Yogurt

Peanut Butter Protein Yogurt is a delicious and nutritious snack or breakfast option. It combines the creaminess of yogurt with the nutty flavor of peanut butter, providing a good source of protein and essential nutrients. This recipe is quick and easy to prepare, making it perfect for busy mornings or as a post-workout snack. Enjoy the rich and satisfying taste of Peanut Butter Protein Yogurt!

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

150 g	Yogurt
30 g	peanut butter
20 g	protein powder
10 g	honey

50 g	Banana
20 g	granola

Directions

Step 1

Mixing

In a bowl, combine yogurt, peanut butter, protein powder, and honey.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the banana and add it to the bowl.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Sprinkling

Sprinkle granola on top for added crunch.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	350 mg	10.29%	13.46%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring

Events

Picnic

Cuisines

French

Nutritional Content

High Protein

Course

Salads

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Demographics

Kids Friendly

Senior Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Nordic Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Meal Type

Breakfast

Lunch

Snack

Difficulty Level

Easy

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