

Apple pie protein yogurt bowls are such an easy and nutritious start to your day, afternoon snack, post workout snack/meal and even as a dessert!

Servings: 1 | Prep Time: 5 MIN | Cook Time: 0

Ingredients

- $\frac{3}{4}$ cup plain greek yogurt ([lactose-free](#) version)
- 1 scoop of vanilla [protein powder](#)
- $\frac{1}{2}$ honeycrisp apple, diced
- 1 [Apple Pie Stuffed Oat Bite Bobo's](#), or $\frac{1}{4}$ - $\frac{1}{2}$ cup [apple pie granola](#)
- Dashes of cinnamon



Optional add-ins

- 1 scoop creatine
- 1 scoop inositol

Directions

1. Either in a single serving yogurt cup or small bowl, add protein powder and optional add-in powders to yogurt and mix well.
2. Top yogurt bowls with a dash or 3 of ground cinnamon, crumble or slice up a Bobo's (or granola) on yogurt along with diced apples and serve!

Notes

- My favorite protein powder is [Equip Foods](#)! Use code **ROOTS** for 15% off your first order at this [link](#).