

## Creamy Fruit and Yogurt Bowl with Honey

If you're looking for a quick, refreshing treat that's both healthy and delicious, this

TIME  
**10 min**

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### INGREDIENTS

- 1 cup plain or vanilla yogurt
- 1 banana, sliced
- 1/2 cup strawberries, chopped
- 1/2 cup kiwi, sliced
- 1/2 cup grapes
- 1/2 cup cherries
- 1 teaspoon honey or maple syrup (optional)

### DIRECTIONS

1. Add the yogurt: Place the yogurt in a large mixing bowl as the creamy base.
2. Add the fruit: Add the sliced banana, chopped strawberries, sliced kiwi, grapes, and cherries.
3. Sweeten if desired: Drizzle honey or maple syrup over the fruit for extra sweetness.
4. Mix gently: Toss everything together until the fruit is evenly coated with yogurt.
5. Chill before serving: Refrigerate briefly before serving for the best flavor and texture.

### SWAPS & NOTES

This recipe is very flexible and easy to customize.

Yogurt options Greek yogurt provides extra protein, while vanilla yogurt adds more sweetness.

Fruit variations Blueberries, pineapple, mango, peaches, or apples can easily replace or complement the fruit in this recipe.

Sweetener alternatives Maple syrup, agave nectar, or a sprinkle of cinnamon can be used instead of honey.

### TIPS FOR SUCCESS

Use ripe fruit Ripe fruit naturally sweetens the dish and enhances the flavor.

Add bananas last This helps prevent browning if preparing ahead.

Don't overmix Gently fold the fruit to keep the pieces intact.

Serve chilled Cold fruit salad tastes more refreshing.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-fruit-and-yogurt-bowl-with-honey/>