



YOGURT PARFAIT

COURTESY OF FIT

Treat yourself to a yummy Yogurt Parfait that's both delicious and good for you. It's got layers of Greek yogurt, peanut butter, chia seeds, and granola, all topped with mixed fruits. Add a drizzle of honey and a sprinkle of cinnamon for a sweet and crunchy breakfast that's loaded with protein and antioxidants.

DIFFICULTY: EASY

TOTAL TIME: 5 MINUTES

ACTIVE: 5 MINUTES

SERVES: 1 PERSON

INGREDIENTS

- ¾ cup nonfat plain greek yogurt -> 17g
- 2 tbsp peanut butter -> 8g
- 2 tbsp chia seeds -> 4.7g
- ¼ cup granola -> 4g
- ½ cup mixed berries
- Optional: honey & cinnamon

~ 33.7 grams of protein

INSTRUCTIONS

1. Mix two tablespoons of chia seeds with your favorite yogurt.
2. Add a layer of granola to the bottom of your bowl for some added crunch in each bite!
3. Top it off with your favorite fruits! I chose blueberries, pomegranate seeds, peanut butter, granola, cinnamon and honey for my toppings.