

# Easy Breakfast Parfait

**BREAKFAST** Makes 1 parfait

*A quick breakfast made of layers of high protein yogurt, granola and berries. Make it ahead for breakfast on the go.*

## Ingredients

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- 140 grams 0% Greek yogurt
- 20 g protein powder
- 50 g granola
- 1/2 cup fresh berries

## Directions

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1. In a small bowl, stir together the yogurt and protein powder until well mixed.
2. In a tall glass or mason jar, add half of the yogurt, followed by half the granola and berries, and repeat.
3. Enjoy!

## Notes

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You can use your favorite flavour of protein, such as vanilla, chocolate or berry flavor.

This can be enjoyed immediately, or stored in the fridge for later. When stored the granola will become softer and the yogurt may thicken.

Some protein powders will thicken more than others. Pure protein works better than meal replacement powder.

\*Nutrition information is an estimate and will vary based on how accurately you measure ingredients and the brands of ingredients used.



## Macros \*

Per 1 parfait

Calories : 425  
Protein : 37.3 g  
Carbs : 45.5 g  
Fat : 9.9 g