

PROTEIN PARFAIT

This is a satisfying snack with protein, fiber, and healthy fats to keep you full. Its dessert-like flavor makes it one of my favorites. While plain, nonfat conventional yogurt is definitely healthful, Greek yogurt can contain up to twice the protein and half the sugar.



INGREDIENTS

- **200g Fat-Free Greek Yogurt**
(I use Fage brand.)
- **25g Granola**
(I use Quaker Natural Granola.)
- **20g Raw Almonds**
- **1 Serving Cellucor COR-Performance Whey, Cinnamon Swirl**

INSTRUCTIONS

- Step 1 ///**
Crush almonds.
- Step 2 ///**
In a small bowl, combine all ingredients except cinnamon. Place bowl in freezer for 2 hours.
- Step 3 ///**
Top with cinnamon and enjoy.

NUTRITION FACTS

	Quantity/g	Protein	Carbs	Fats	Calories
FAGE YOGURT 0%	200	24.0	9.6	0	134
GRANOLA QUAKER NATURAL OATS & HONEY	25	2.6	18.2	3.1	111
ALMONDS	20	4.2	3.9	10.2	124
CELLUCOR COR- PERFORMANCE WHEY CINNAMON SWIRL	1	25.0	3.0	1.5	126
▶ TOTAL		49.0	47.0	19.0	551