



Red-Eye Chocolate and Peanut Butter Protein Parfait with Blueberries and Dark Chocolate Chips

Ingredients

- 1 scoop Gaspari ISO Fusion protein powder
- 1 tbsp Nescafe instant coffee
- 1 tbsp cocoa powder
- 1 cup Fage 0% non-fat Greek yogurt
- 2 tbsp powdered peanut butter
- 1/3 cup organic granola
- Fresh blueberries
- 1 tbsp dark chocolate chips



Directions

1. Add granola to a jar, glass, cup or bowl.
2. Add 1/3 cup yogurt on top of the granola.
3. Mix 1/3 cup yogurt with powdered peanut butter. Add to the jar.
4. Mix 1/3 cup yogurt with protein powder, coffee, and cocoa powder. Add to the jar.
5. Top parfait with granola, 1 tbsp of chocolate chips, and blueberries.

Nutrition Facts

Calories: 435

Fat: 9 g

Carbs: 34 g

Protein: 55 g