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Anna Sward's Protein Parfait

Ingredients:

- 1 big pot (250 g) of 2% Greek yogurt
- 1/2 cup vanilla whey protein powder
- 1/4 cup raspberries (or strawberries, if you prefer)
- 1/4 cup blueberries
- 1/4 cup rolled oats
- 1 tbsp flaked coconut
- 1 tsp cinnamon
- 1 tsp granulated Stevia (or your sweetener of choice)

Directions:

1. Mix together the whey and yogurt using a whisk, fork, or food processor to ensure your mix is smooth and creamy.
2. In a nonstick pan, heat up the oats, coconut, Stevia, and cinnamon until they start dancing together and brown up a bit.
3. To assemble your parfait, just layer the yogurt and whey mixture with seasonal berries and the coconut mix.
4. Let your parfait chill in the fridge for an hour or overnight. Can't wait to indulge? Enjoy it right away!