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Protein Pumpkin Parfait

Ingredients:

- 1 scoop Labrada ISO Whey (Vanilla)
- 1 cup 2% Greek yogurt
- 1/2 cup organic pumpkin
- 1/2 cup granola
- 1/2 tbsp allspice
- Cinnamon (to taste)
- Walnuts (optional)
- 1 tbsp raw, organic honey (optional)
- 1 tbsp vanilla extract (optional)

Directions:

1. In a bowl, combine protein, Greek yogurt, pumpkin, vanilla extract, and spices. Mix together with a spoon until the consistency is smooth.
2. Once mixed, simply top with your favorite store-bought or homemade granola. You can also add your choice of nuts or seeds. I recommend almonds or walnuts.