



Protein Parfait Crème Brulee

Ingredients

- 16 oz 0% or 2% Greek yogurt
- 1 scoop Pro Grade Weight Loss Whey Vanilla Graham Protein
- 1 teaspoon pure vanilla extract (or 1/2 vanilla bean, scraped)
- 2 cups fresh berries (blueberries, raspberries, blackberries, strawberries, etc.)
- 3 tablespoons granulated sugar
- 3 tablespoons Splenda
- 2 teaspoons fresh lemon juice
- 1/2 cup granola

Directions

1. Mix together the granulated sugar and 1 tablespoon of Splenda, then set aside.
2. Thoroughly mix together the yogurt, protein, and vanilla in a medium bowl. Cover and refrigerate for at least 30 minutes to allow the flavors to meld.
3. Put the berries in a small bowl. Add 1 tablespoon of Splenda and lemon juice. Let sit for five minutes, and then divide the mixture among six ramekins.
4. Sprinkle the granola evenly over the berries, and then top with the protein yogurt, filling to the top of the ramekins. Smooth with a mini-spatula or butter knife.
5. Place in the freezer for 5-10 minutes. You still want the top of the mixture to be somewhat sticky. Do not let the yogurt freeze.
6. Remove ramekins from the freezer and sprinkle the sugar-Splenda mix over each ramekin. Using a kitchen blowtorch, caramelize the sugar by slowly sweeping the flame back and forth over the surface of the yogurt. Let the sugar harden and settle for about 2 minutes.
7. Serve!

Nutrition Facts

Servings: 6

Cals: 127

Fat: 0.75 g

Carbs: 17 g

Sugar: 14.5 g

Protein: 13 g