

SNACK / HIGH PROTEIN



# Vanilla Greek Yogurt Parfait with Granola and Berries

Creamy vanilla Greek yogurt layered with crunchy granola, chia seeds, banana, and blueberries for a quick sweet snack.

2 min

1 serving

Snack

high-protein

sweet

quick

**567**

Calories / serving

**35g**

Protein / serving

**57g**

Carbs / serving

**25g**

Fat / serving



## Ingredients

- 1 cup whole milk greek yogurt – vanilla (227 g)
- 1/4 cup paleo mix granola (28 g)
- 1 tbsp chia seeds (12 g)
- 1 medium banana (118 g)
- 1/4 cup blueberries (36.25 g)

## Method

- 1 Spoon the vanilla yogurt into a serving cup and distribute the granola, chia seeds, and blueberries over it. Slice the banana over the parfait or serve it alongside.

### RENEE'S NOTE

*"Add the granola right before eating so it stays crisp against the creamy yogurt."*

### RENEE'S TWEAK

Slice the banana just before serving so its cut surface stays fresh beside or on top of the finished parfait.