VANILLA PROTEIN PARFAIT

Here's a super easy post-workout meal that tastes amazing, is good for you and will replenish your hard-earned muscles! Filled with lots of antioxidants, fiber and protein this colorful recipe is one of our favorites!

Ingredients:

- 9oz 2% Greek yogurt, plain
- 1 scoop Dotfit vanilla protein powder
- ¼ cup raspberries
- ¼ cup blueberries
- ¼ cup rolled oats
- 1T unsweetened coconut flakes
- 1 tsp cinnamon
- 1 tsp Stevia



Directions:

1. Mix the whey and yogurt until smooth and creamy.
2. In a nonstick pan, heat up the oats, coconut, Stevia, and cinnamon until it turns light brown, set aside.
3. Assemble parfait -- layer the yogurt mixture with seasonal berries and the coconut mix.
4. Let parfait chill in fridge for an hour or enjoy it right away! Makes 2 servings.

NUTRITION PER SERVING:

Per serving: Calories 255, Protein 27g, Carbs 21g, Fiber 4g, Fat 7g, Sat Fat 5g, Chol 12mg, Sodium 106mg

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