



## Recovery Berry & Greek Yogurt Power Parfait

Macros: 245 Calories; 28g Protein; 24g Carbs; 5g Fat

### Ingredients

- 3/4 cup plain, non-fat Greek yogurt
- 1/2 scoop vanilla protein powder
- 1/2 cup mixed berries (raspberries and blueberries work best for color contrast)
- 2 tbsp low-sugar granola
- 1 tbsp pumpkin seeds (pepitas)

### Directions

- In a small bowl, stir the vanilla protein powder into the Greek yogurt until completely smooth.
- In a clear glass or jar, spoon half of the protein yogurt into the bottom.
- Add a layer of the mixed berries.
- Spoon the remaining yogurt over the berries.
- Top with the granola and bright green pumpkin seeds to finish.