

Ingredients:

2 cups plain Greek yogurt (or a yogurt alternative of your choice)
½ cup berries (freeze-dried or fresh, strawberries, blueberries etc.)
1 tbsp pumpkin seeds
2 tbsp granola
1-2 scoops protein powder (vanilla or almond-based)
2 tsp chia seeds
1 - 2 tbsp natural peanut butter
¼ cup plant-based milk
1-2 tsp flaxseed
1-2 tsp honey (optional)

Tips:

- Feel free to adjust the amounts and types of toppings based on your preferences and dietary needs.
- Imperfection is welcome in the kitchen—experiment and make the recipe your own!
- These parfaits keep well in the fridge, making them perfect for meal prep.
- Planning ahead helps you stick to your eating goals and avoid unhealthy snacking habits.

Instructions:

1. Prepare the yogurt base:
 - Place the yogurt into a large mixing bowl.
 - Stir the yogurt to ensure it's smooth and ready for mixing.
2. Add protein powder:
 - Gradually add 1 - 2 scoops of protein powder to the yogurt.
 - Mix the protein powder into the yogurt using a hand mixer, spoon, fork, or whisk, until well combined.
3. Adjust consistency:
 - If the yogurt mixture becomes too thick, add a splash or more of plant-based milk to reach your desired consistency.
 - Mix again to incorporate the milk evenly.
4. Prepare your parfait bowl:
 - Scoop approximately ½ cup (or desired serving size) of the yogurt mixture into a serving bowl.
5. Add berries:
 - Use a straw to hull the strawberries. Push the straw through the bottom of the strawberry to pop off the top.
 - Cut and arrange a layer of strawberries or your chosen berries on top of the yogurt.
6. Add granola:
 - Sprinkle granola over the berries to add crunch.
7. Add more berries:
 - Layer in fresh blueberries or other berries of your choice.
8. Finish with seeds and peanut butter:
 - Sprinkle pumpkin seeds, flaxseed and chia seeds for additional nutrients and omega fatty acids.
9. Sweeten (Optional):
 - Drizzle a teaspoon of honey over the finished parfait if desired for additional sweetness.
10. If meal prepping, divide and refrigerate containers:
 - Divide up into single servings and place the containers in the fridge. The pudding will firm up as it chills, making it easier to grab and go when you need it.

