


Spiced Banana Nut Greek Yogurt Parfait

 Ready in 10 minutes

Meal Type:

SNACK (PROTEIN/FRUIT)

Preparation Difficulty:

EASY

Program Phase:

ALL PHASES

Preparation Time:

PREP: 10 minutes

COOK: 0 minutes



Photo: JMLANGEPHOTOGRAPHY

INGREDIENTS (1 SERVING):

1 cup (female) or 1 ½ cup (male) plain low fat Greek yogurt

½ banana (1 whole banana if opt out blueberries)

2 tbsp chopped pecans or sub nut

¼ tsp cinnamon

1/8 tsp nutmeg

1. Slice banana into thin pieces.
2. In a small bowl, add all ingredients except yogurt. Use a spoon to mix the spices, banana, and nuts. Put 1 tbsp of the mix to the side.
3. Start to layer your parfait by adding a ¼ cup of the yogurt to a bowl/jar. Add ½ of the banana nut mix on top. Layer the mix with another ¼ cup of yogurt and top with the second ½ of the banana nut mix. Top your parfait with the final ¼ cup of yogurt, sprinkle on the remaining tbsp of the mix, and enjoy!



TIP: MAKE AT NIGHT, POP IT IN THE FRIDGE, & GRAB IT QUICK IN THE MORNING!

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