



Breakfast Recipes

Yogurt Parfait



Ingredients:

- 1 cup vanilla fat free greek yogurt
- 1/3 cup blueberries
- 1 scoop Ascent vanilla protein powder
- 1/4 cup granola

Directions:

1. Mix protein powder with greek yogurt
2. Layer greek yogurt, berries, then granola
3. Repeat until all ingredients are used
4. Sprinkle cinnamon to taste

Enjoy!

Nutrition Information:

Meal Plan Blocks:

**1 serving: 363 calories, 41 grams protein, 41 grams carbs,
5 grams fat**

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