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Peanut Butter Chocolate Parfait

Prep time: 10 minutes

Servings: 1

Here's a brilliant high-protein snack, perfect for any time of the day. The creaminess of the yogurt layered with the richness of the peanut butter and chocolate makes for an indulgent pairing. Make a few to keep in your fridge for a quick snack when you're craving something sweet!

Shared by Green Valley Creamery

Ingredients

1 (6 oz.) container Green Valley Creamery Lactose-Free Plain Yogurt

2 Tbsp. PB2® Powdered Peanut Butter

2 tsp. dark cocoa powder (unsweetened)

1 tsp. agave nectar

Optional: sliced banana, chia seeds, and/or granola for garnish

Instructions

1. Using two small bowls, divide the yogurt into two equal parts.
2. In one half, mix in the PB2 until well-combined, and smooth out surface so that it is even. (If using chia, mix in with the blended peanut butter.)
3. In the other half, mix in the cocoa powder and agave nectar
4. Layer the peanut butter half atop the chocolate half. (If using banana, you can first place a layer of sliced bananas atop the peanut butter yogurt before adding the chocolate yogurt.)
5. Garnish with more sliced banana and granola if desired, and enjoy