



# Very Low Calorie Diet Protein Parfait (Customizable) Makes 1 serving

Get your protein fix the delicious way, in this instant protein bar parfait!  
Easily customizable and with many flavor options, they need just 3 ingredients and take less than 5 minutes to make.

## Ingredients

- 1 single-serve container (5.3-oz) nonfat Greek yogurt (any flavor)
- 1 Rainier Medical protein bar (any flavor), diced
- ½ cup fresh fruit

## Directions

- 1 In a bowl or large mug, add half of the yogurt.
- 2 Top with ¼ cup fresh fruit and half of the diced protein bar.
- 3 Spread the remaining yogurt on the top.
- 4 Sprinkle with the remaining fruit and protein bar and enjoy

### **CHOCOLATE RASPBERRY**

Raspberry Chocolate Nonfat Greek Yogurt +  
Chocolate Crisp VLC Bar +  
Fresh Raspberries



### **PINA COLADA**

Coconut Nonfat Greek Yogurt +  
Coconut Crunch VLC Bar +  
Fresh Pineapple



### **PEANUT BUTTER BANANA**

Vanilla Nonfat Greek Yogurt +  
Fluffy Nutter VLC Bar +  
1 Banana

