



# Power Parfait

20g protein, 9g fibre



## Ingredients:

- 3/4c Greek or Skyr yogurt (2-3%MF, reduced sugar if available)
- 2 Tbsp Whole-milled or ground flaxseed
- 2 Tbsp All Bran Buds
- 1/2c Fresh or thawed frozen blueberries, cherries, or mixed berries
- Optional:
  - Low-sugar granola
  - Chia seeds
  - Chopped unsalted nuts

## Directions:

1. Portion out Greek yogurt into a bowl/serving dish.
2. Add toppings when ready to consume. Enjoy!

### Notes:

Flax may help to reduce androgens when consumed daily.

Manitoba Milling whole-milled flaxseed is a wonderfully versatile, shelf-stable product (not a sponsored plug just a big fan!).