



PB&J Parfait



Developed by Hungry Girl; brought to you by [Devotion Nutrition!](#)

Entire recipe: 234 calories, 7g total fat (1g sat. fat), 73mg sodium, 25.5g carbs, 5.5g fiber, 17g sugars, 21.5g protein

Prep: 5 minutes



Ingredients

6 oz. (about 2/3 cup) fat-free plain Greek yogurt
1 packet no-calorie sweetener
1/2 - 1 packet [Strawberry Fields Flex Flavors](#)
1/2 - 1 packet [Peanut Butter Crunch Flex Flavors](#)
1/2 cup chopped freeze-dried strawberries
1/2 oz. (about 2 tbsp.) crushed peanuts

Directions

In a medium bowl, combine yogurt, sweetener, and both Flex Flavors. Mix until uniform.

In a tall glass or medium jar, layer half of each ingredient: yogurt, strawberries, and crushed peanuts. Repeat layering with remaining yogurt, strawberries, and peanuts.

MAKES 1 SERVING

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