

Dark Chocolate Berry Parfait

2 Servings | ½ Fueling | 2 Healthy Fats | 2 Condiments | 1 Fueling

Ingredients

1 ½ cups plain, non-fat Greek Yogurt
¼ cup strawberry-flavored, light cream cheese
1 tbsp unsweetened cocoa powder
1-2 pkts. zero calorie sugar substitute
1 Makeover Chocolate Cherry Ganache Bar
⅓ oz sliced almonds

Instructions

In a small bowl, combine ¾ cup Greek yogurt and cream cheese, set aside
In a separate small bowl, add sugar substitute; set aside
In a separate small bowl, use fingers to crumble Chocolate Cherry Ganache Bar into small, granola-sized pieces
In a parfait glass, layer ¼ cup of strawberry-flavored greek yogurt mixture. Top with half of of the Chocolate Cherry Ganache Bar crumbles and ⅓ oz sliced almonds.
Repeat with a second parfait glass and remaining ingredients. Serve immediately.