

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/citrus-dream-parfait>

Citrus Dream Parfait

Prep time: 10 minutes

Servings: 1

Honey yogurt is the base for this protein-rich citrus parfait.

Shared by Green Valley Creamery

Ingredients

1 (6 oz.) cup Green Valley Creamery Lactose-Free Honey Yogurt

2 Tbsp. vanilla protein powder

1/2 cup assorted citrus segments: tangerine, orange, blood orange

1 Tbsp. goji berries

Instructions

1. Mix yogurt and protein powder together.
2. Alternate layers of yogurt and citrus fruit.
3. Top with goji berries.