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Mocha Yogurt Parfait



PETER ARDITO

mocha yogurt parfait

Found this mocha yogurt parfait morning booster in Fitness Magazine and thought I'd share!!

Mix 1/2 tsp instant coffee with 6 oz low-fat vanilla yogurt (greek yogurt) until coffee is dissolved. Spoon half the mixture into a bowl and add 1/3 cup sliced strawberries. Top with remaining yogurt, and garnish with 1 tablespoon low-fat granola.

Granola provides a healthy dose of glucose to help jump start your morning. Calcium rich foods increase fat loss.

1/2 tsp instant coffee

6 oz low fat vanilla yogurt

sliced strawberries

low fat granola