

Rennie Curran's

GAME CHANGER PROTEIN PARFAIT

SERVES: 2



INGREDIENTS:

1 (16 oz) container Greek yogurt, plain full-fat
1 cup fresh pineapple, diced into small chunks
1 ripe banana, sliced into coins
½ cup fresh blueberries

½ cup low-sugar granola

3 tbsp shredded coconut, sweetened or unsweetened

2 tbsp honey

4 fresh mint leaves (optional)

DIRECTIONS:

1. Place a small dry skillet over medium heat. Add the shredded coconut and spread it flat. Stir constantly for 90 seconds to 2 minutes, until it turns golden brown and fragrant. Pull it off the heat the moment it smells nutty, since it goes from golden to burnt fast. Set aside to cool.
2. Dice the pineapple into small, even chunks. Slice the banana into clean coins about a half inch thick. Rinse the blueberries and pat them dry. Lay everything out in separate bowls so the layers go in smooth and clean.
3. Spoon the Greek yogurt evenly into two clear glasses or glass bowls, about ¾ cup per glass. Use the back of the spoon to smooth it flat against the sides. That base layer alone is about 16 grams of protein.
4. Add the pineapple first, then fan the banana slices around the inside edge of the glass so they are visible from the outside. Scatter most of the blueberries across the top of the fruit layer.
5. Spoon another 3 tablespoons of the Greek yogurt gently over the fruit. Do not press down. Let it settle naturally.
6. Top with the granola, the toasted coconut, and the remaining fruit. Drizzle the honey in a slow zigzag from about 6 inches above the glass for a clean, photogenic drizzle. Add the mint leaves as the finishing touch. Serve immediately.

CHEF'S NOTES:

Place a small dry skillet over medium heat. Add the shredded coconut and spread it flat. Stir constantly for 90 seconds to 2 minutes, until it turns golden brown and fragrant. Pull it off the heat the moment it smells nutty, since it goes from golden to burnt fast. Set aside to cool.