

## STRAWBERRY CHIA PARFAIT

12 oz Pure Flavor® Sweet Blooms® Strawberries, quartered

6 oz Greek yogurt

3/4 cup unsweetened almond milk

41/2 tbsp chia seeds, divided

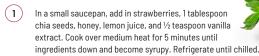
21/2 tbsp honey, divided

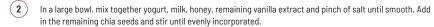
2 tsp lemon juice

1tsp vanilla extract, divided

1 pinch of salt

Almonds, chopped, for garnish





- Cover the bowl with plastic wrap and refrigerate at least 4 until the pudding is thick.
- 4) To serve, divide the chilled pudding and jam into glasses, bowls or jars. Garnish with almonds as desired.

Pro Tip: Parfaits can be stored in the fridge for 3 to 5 days.





10 min PREP. 15 min COOKING



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