

RECIPE | BERRIES

# STRAWBERRY CHIA PARFAIT



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# STRAWBERRY CHIA PARFAIT

## INGREDIENTS

- 12 oz** Pure Flavor® Sweet Blooms® Strawberries, quartered
- 6 oz** Greek yogurt
- ¾ cup** unsweetened almond milk
- 4½ tbsp** chia seeds, divided
- 2½ tbsp** honey, divided
- 2 tsp** lemon juice
- 1 tsp** vanilla extract, divided
- 1** pinch of salt
- Almonds, chopped, for garnish



## DIRECTIONS

- 1** In a small saucepan, add in strawberries, 1 tablespoon chia seeds, honey, lemon juice, and ½ teaspoon vanilla extract. Cook over medium heat for 5 minutes until ingredients down and become syrupy. Refrigerate until chilled.
- 2** In a large bowl, mix together yogurt, milk, honey, remaining vanilla extract and pinch of salt until smooth. Add in the remaining chia seeds and stir until evenly incorporated.
- 3** 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.



**4 hr 15 min**

**10 min** | **15 min**  
PREP. | COOKING



**2**



**easy**