



RECIPE | BERRIES

STRAWBERRY CHIA PARFAIT



10 min
PREP.



2



easy

4 hr 15 min
5 min
COOKING

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.

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