

BLUEBERRY POWER PARFAIT

WITH CHIA SEEDS AND WALNUTS

Portion: 1 parfait
Yield: 1



CALORIES (kcal): 410

PROTEIN (g): 18

CARBOHYDRATE (g): 44

TOTAL FAT (g): 21

SODIUM (mg): 45

SAT FAT (g): 2

DIETARY FIBER (g): 6

INGREDIENTS:

4 oz Greek Yogurt, Plain, Nonfat

1 tsp Chia Seeds

1 tbsps Honey

3/4 cup Blueberries, Fresh

1/4 cup Walnuts, Halves

METHOD:

Stir 1 tsp chia seeds into yogurt and place in parfait cup. Drizzle 1 tbsps honey on top of yogurt and place blueberries on top.

Roast walnuts until fragrant (about 15 minutes in a 350F degree oven) and cool.

If eating immediately, stir cooled walnuts into yogurt. If preparing ahead, pack walnuts separately and add right before eating.

Chef's Note: Recipe can be made with other seasonally available fruit.