

Mixed Berry & Chia Yogurt Parfait

Ingredients:

1. 2 cups Epigamia Natural Greek Yogurt or any berry flavour of your choice
2. 2 teaspoons chia seeds
3. 2 tablespoons honey
4. 1/4 teaspoon cinnamon
5. 1/2 cup granola
6. 1 cup fresh berries (any kind will work), extra for garnish

Preparation:

1. Chop 1/2 cup fresh berries and mix them with 1 tablespoon honey in a bowl and let it macerate for 15 minutes.
2. Combine 1 cup yogurt, chia seeds, 1 tablespoon honey, and cinnamon, Whisk to combine.
3. Blend remaining 1/2 cup berries with 1 cup greek yogurt and 1 tablespoon honey.
4. In four small glasses, divide macerated berry mix, followed by layer of chia mixture, followed by berry yogurt mix. Top with granola and extra fresh berries.