

Greek Yogurt Berry Parfait

Ingredients

1. 2 cups Epigamia Blueberry Greek Yogurt
2. 1 cup Epigamia Natural Yogurt
3. 2 teaspoons chia seeds
4. 2 tablespoons honey
5. 1/4 teaspoon cinnamon
6. 1/2 cup berries (Seasonal)

Preparation

1. Combine Natural yogurt, chia seeds, honey, and cinnamon, Whisk to combine.
2. In a small glass add crushed berries, top it with a layer of chia -yogurt mix and add another layer of blueberry yogurt. Add some more berries on top to garnish.
3. If desired, sprinkle a few slivered almonds on top. Serve and enjoy!