

Raspberry Chia Pudding

Yield: 5 Parfaits



Ingredients

- 2 Cups 1% Milk
- 1/2 Cup Chia Seeds
- 2 Teaspoons Vanilla Extract
- 1/3 Cup Honey
- 1/3 Cup NF Greek Yogurt
- 1 Cup NF Greek Yogurt
- 2 Cup Raspberries, Mashed

Preparation Instructions

1. In a bowl, whisk together milk, honey, vanilla extract, first measurement of non-fat Greek yogurt, and chia seeds. Transfer to another container and let sit in the fridge overnight.
2. On the next day after the chia seeds have absorbed some of the liquid, stir in an additional 1 cup of non-fat Greek yogurt.
3. Wash & mash raspberries, then layer them in a cup beginning with the raspberries, topping with a generous scoop of chia pudding. Add one more layer of raspberries and another thin layer of chia pudding. Enjoy!
4. Chia pudding can be stored in the fridge without the fruit for up to 5 days.

