

RED, WHITE & BLUE PARFAIT

WITH CHIA SEEDS AND ALMONDS

Portion: 1 parfait
Yield: 1



CALORIES (kcal): 270
PROTEIN (g): 12
CARBOHYDRATE (g): 30
TOTAL FAT (g): 11
SODIUM (mg): 90
SAT FAT (g): 1
DIETARY FIBER (g): 7

INGREDIENTS:

1/3 cup	Strawberries, Fresh, Quartered	4 oz	Plain, Nonfat Yogurt
1 tsp	Grand Marnier Liquor	2 tsp	Chia Seeds
1 tbps	Orange Juice	1/4 cup	Blueberries, Fresh
1 tbsps	Sugar, Granulated	1 tbsps	Almonds, Sliced, Toasted

METHOD:

Place strawberries in a bowl and add the Grand Marnier, orange juice and sugar. Stir and let sit for 5 minutes. Mix together yogurt and chia seeds.

Layer in 1/2 of yogurt, macerated strawberries, then other half of yogurt and blueberries.

If eating immediately, top with almonds. If preparing ahead, pack almonds separately and add right before eating.

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