



GREEK YOGURT CHIA PROTEIN PARFAIT

INGREDIENTS

ITEM

Plain Greek Yogurt
Chia Seeds
Raspberries
Vanilla Protein Powder (Optional)

QUANTITY

1 Cup
1 Tbsp.
¼ Cup
½ Scoop

SERVING SIZE

1

PREPARATION

- 👉 Mix yogurt and chia seeds.
- 👉 Top with raspberries.
- 👉 Chill for 10 minutes before serving