

# Lemon Blueberry chia parfait

Makes 6 servings

## INGREDIENTS

- 2 Tbsp. lemon juice, fresh or reconstituted
- 2 cups low-fat or fat-free milk
- 1/4 cup chia seeds
- 1-1/2 cups cereals, regular or quick oats, dry
- 3 cups yogurt, low-fat Greek vanilla
- 3 cups graham crackers, crushed, plain or honey
- 3 cups blueberries, fresh or frozen\*

## NOTES

- \* Frozen blueberries must be thawed and drained before using. Other fruits can be substituted for blueberries.

## NUTRITIONAL FACTS: PER SERVING

- |                    |                     |
|--------------------|---------------------|
| Calories: 252      | Calcium: 601.89 mg  |
| Total Fat: 5.5 g   | Protein: 17 g       |
| Saturated Fat: 2 g | Carbohydrates: 33 g |
| Cholesterol: 12 mg | Dietary Fiber: 4 g  |
| Sodium: 112 mg     |                     |

## INSTRUCTIONS

1. Mix lemon juice and milk. Add to chia and oats and stir. Allow to set 4 hours minimum or overnight.
2. Mix the chia pudding and the yogurt.
3. To make parfait: Layer 3/4 cup pudding/yogurt mix (bottom layer), then 1/2 cup crushed graham crackers, then top with 1/2 cup blueberries.
4. Hold at 41° F. or less.

