





United States Department of Agriculture

## Raspberry Lemon Parfaits

Yields 3-4 servings

Prep Time: 10 minutes

- 2 c. Plain Greek Yogurt
- 1 Tbsp. Chia Seeds or Ground Flaxseed
- 2 Tbsp. Lemon Juice
- 2 Tsp. Grated Lemon Zest
- ¼ c. Honey
- 1 Tsp. Vanilla Extract
- 1 c. Fresh Raspberries

1. Combine the first six ingredients.
2. Layer half of the yogurt mixture into four small parfait glasses or custard cups. Top with half of the berries.
3. Repeat layering until you run out of yogurt mixture or berries.

Recipe adapted from © TasteofHome.com

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