

HAZELNUT AND RASPBERRY PARFAIT

SERVES: 4

INGREDIENTS

2 cups Greek yogurt
1/2 cup ground hazelnuts
1 cup fresh raspberries
1/4 cup honey
2 tablespoons chia seeds
1 teaspoon vanilla extract
Optional: Additional whole hazelnuts for topping

METHOD

1. In a small bowl, mix ground hazelnuts with chia seeds and set aside.
2. In another bowl, gently fold vanilla extract into the Greek yogurt.
3. In four clear glasses or jars, begin layering the parfait.
4. Start with a layer of Greek yogurt at the bottom of each glass, using about 1/4 cup. Sprinkle a layer of the hazelnut-chia seed mixture over the yogurt. Add a layer of fresh raspberries. Drizzle a small amount of honey over the raspberries. Repeat the layers until all ingredients are used, ending with a layer of raspberries on top. If desired, garnish with whole hazelnuts.
5. Refrigerate for at least 30 minutes before serving to allow flavors to meld.