

# Chia Yogurt Power Bowl

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## Ingredients Needed:

- 1 cups non-fat Greek yogurt
- ¼ cup almond milk
- ½ Tbsp. honey
- 2 Tbs. chia seeds
- ½ cup puffed cereal
- ½ banana, sliced
- ¼ cup blackberries
- 3 walnuts



<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	500
Total Fat	18 g
Sat Fat	2g
Sodium	153 mg
Added Sugar	9g
Fiber	14 g
Vitamin C	17% DV
Vitamin E	27% DV
Potassium	19% DV
Calcium	59% DV
Iron	17% DV

## Recipe Directions:

- In a large bowl, mix together Greek yogurt, almond milk, honey, and chia seeds. Let sit in the refrigerator for about 30 minutes, so that the chia seeds expand. Then create your parfait by adding puffed cereal, banana, blackberries, and walnuts.
- Store in an air-tight container in the refrigerator and enjoy!