



# Double Berry Parfait

Serves: 2 servings

Preparation time: 2 hours

## Ingredients

½ cup strawberries  
½ cup mulberries  
1 tsp natural liquid sweetener  
1 tablespoon chia seeds  
2 cups plant-based milk  
½ cup granola



## Directions

- Mix chia seeds, sweetener and milk, set aside for at least 2 hours in the fridge.
- Wash mulberries and cut strawberries into half.
- Alternate layering granola, berries and chia parfait into the glass or serving bowl.
- Serve.

NUTRITIONAL DATA PER SERVING (1 serving): calories 110 | fat 2g | saturated fat 0.20g | cholesterol 0.20mg | sodium 42mg | carbohydrates 21g | fiber 2.6g | protein 4g | potassium 194mg | phosphorus 68 mg