

# K( TOUCHDOWN PARFAITS



## ALL YOU NEED:

- 12 oz Vanilla Greek Yogurt
- ½ cup milk (any kind)
- ⅔ cup Honey Almond Granola
- 1 Tbsp chia seeds
- 2 peaches chopped
- 6 oz raspberries



## ALL YOU DO:

1. Stir together yogurt, granola, milk and chia seeds. Add ¼ cup of this mixture into each of your cups or small mason jars.
2. Chop up your peaches and toss in a bowl with the washed raspberries. Scoop ¼ cup of mixture on top of each cup with the yogurt mixture.
3. Repeat layers and screw lids on top to store in the fridge for later. These delicious snacks will last in the fridge for about 3 days. Touchdown!