



# Fruit & Yogurt Breakfast Parfaits

## Ingredients

- 6oz Greek yogurt
- 1/3 cup oats (raw)
- 1 teaspoon chia seeds
- 2 Tablespoons milk, any kind
- 1 cup Asiago frozen mixed berries



## Method

1. Stir together yogurt, oats, chia seeds, and milk in a bowl.
2. Layer half inside a wide mouth mason jar then add half the frozen berries.
3. Layer in remaining yogurt and berries then refrigerate at least overnight and up to 3 days.

