

BLUEBERRY LEMON PARFAIT



INGREDIENTS:

- 1/2 scoop Birthday Bliss Glam Pro
- 1 tbsp chia seeds
- 1/4 cup unsweetened almond milk
- 2/3 cup nonfat Greek yogurt
- 1/2 cup blueberries
- 1/4-1/2 tsp lemon zest

DIRECTIONS:

1. In a small container mix chia, Glam Pro, milk, and lemon zest. Set in the fridge to gel for at least 15 minutes
2. In a medium container place the Greek Yogurt and blueberries. Add the chia mixture and gently mix it in.

*If you have extra carbs, add a vanilla granola on top for more crunch.

*If you have extra fats, add more chia seeds or some slivered almonds.

Enjoy!

Makes 1 Serving

Calories: 222 | Protein: 26 g | Carb: 22 g | Fat: 4 g | Fiber: 5 g