



**GENESIS**  
-HEALTH REVOLUTION-

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## Fruit and Granola Parfait

### *INGREDIENTS:*

- Premade granola
- Diced fruit of choice or a fruit puree thickened with chia seeds\*
- Almond milk pudding (almond milk, cornstarch, vanilla) cooked till thick and then chilled -or- Vegan Vanilla Yogurt

### **NOTE:**

For this recipe, use the ingredient proportions that you are comfortable with. This recipe is very flexible and tastes great when prepared in many differing variations.

### *DIRECTIONS:*

- Heat fruit in a saucepan, add a little sweetener if needed.
- Mash fruit a bit, but still chunky.
- Add chia seeds to thicken.
- Add some berries, they are great!



