



Summer Inspiration!

JUNE

VANILLA CHIA PUDDING



Prep time
10 minutes



Chill time
12 hours



Serves
24

Ingredients

6 cups (1.5 L) Danone Creamy Vanilla Yogurt
6 cups (1.5 L) whole or 2% milk
1 ½ cups (375 mL) chia seeds (black or white)

Directions

In a very large bowl, whisk together yogurt and milk until smooth. Stir in chia seeds until well distributed. Cover and refrigerate overnight.

Stir well before serving. Spoon into serving dishes or parfait cups and garnish with fruit to serve.



Garnish

Fresh seasonal fruit (blueberries, raspberries, strawberries, chopped apple or pear, citrus segments or sliced banana or kiwi)



PROBIOTIC* YOGURT WITH FRESH RASPBERRY JAM



Prep time
10 minutes



Chill time
2 hours



Serves
24

Ingredients

8 cups (2 L) fresh raspberries
1 cup (250 mL) water
12 tbsp (180 mL) chia seeds (black or white)
15 cups (3.75 L) Activia plain yogurt

Directions

In a blender, combine raspberries and water. Seal with lid and puree until smooth. Pour out into a bowl and stir in chia seeds. Cover and refrigerate for at least 2 hours or up to 5 days.

Spoon yogurt into serving dishes or parfait cups and top each with about 2 tbsp (30 mL) of the raspberry chia jam. Garnish if desired.

Tip: You can substitute frozen raspberries that have thawed for the fresh. Measure them frozen and use the thawing liquid in place of water in the recipe.



Garnish with Raspberries, almonds, cashews, walnuts or pumpkin seeds



For More Information, please contact:

*With more than 10⁹ CFU Bifidobacterium lactis per serving, a probiotic that contributes to healthy gut flora. Activia® / Danone® used under lic., © 2021 Cie Gervais Danone. All rights reserved.



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