

Summer Inspiration!

JUNE

VANILLA CHIA PUDDING



Prep time 10 minutes **Chill time** 12 hours

24

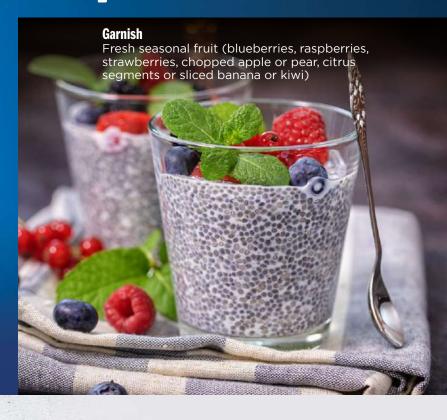
Ingredients

6 cups (1.5 L) Danone Creamy Vanilla Yogurt 1½ 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.





PROBIOTIC* YOGURT WITH FRESH **RASPBERRY JAM**









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

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:



