

RAW GRAIN BREAKFAST PARFAITS

Ingredients:

- 12oz- Greek Yogurt, Plain
- 8oz- *"In Harvest Sunrise Blend"*
- 2 TBSP- Honey, wild flower
- 1 TBSP- Lemon Juice, freshly squeezed
- ¼ tsp- Vanilla Extract

Method:

- 12-24 hours prior to serving, thoroughly mix all ingredients in a stainless steel bowl.
- Cover and refrigerate until ready to serve
- To serve, layer with fresh fruits and berries (or get creative and try some fresh herbs!

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