

## Breakfast

## Grab and Go Breakfast Parfaits

**Source:** Iowa Girl Eats

**Yield:** 1 serving

**Prep time:** 15 minutes

### Ingredients:

- 6 oz Greek yogurt
- 1/3 cup certified old fashioned oats, uncooked
- 1 teaspoon chia seeds
- 2 Tablespoons milk (almond, cow, soy, etc.)
- 1 cup frozen mixed fruit and berries

### Directions:



In a bowl combine yogurt, oats, chia seeds, and milk. Stir to combine then layer half in a wide-mouth mason jar or container. Add half the fruit and berries then layer in remaining yogurt mixture and berries. Refrigerate overnight, and up to 3 days.