



CHIA PARFAITS

BERRY CHIA PARFAIT

4 scps Vanilla Chia Pudding

1 scp Hemp Granola

2 sliced Strawberry *fanned*

10 Blueberry

1 Blue Vanilla Drizzle **around cup*

PB&J PARFAIT

2 TBSP Strawberry Jam

1 PB Drizzle **around cup*

4 scps PB Chia Pudding

1 scp Hemp Granola

2 sliced Strawberry *fanned*

BUILD YOUR OWN PARFAITS

Step 1: Base Options

Mini - *choose any 2 scps*

Small - *choose any 3 scps*

1 scp Vanilla Greek Protein Yogurt

1 scp Vanilla Cashew Chia Pudding

1 scp Peanut Butter Chia Pudding

Step 2: Granola Options

1 ivory scp Hemp Granola (included)

1 ivory scp PB Granola (\$1.00 add on)

1 ivory scp GF Granola (\$1.00 add on)

Step 3: Pick 3 Toppings Options \$1.00 for each additional

Fruit	Dry Toppings	Drizzles & Scoops
Strawberry 2 sliced	Chia Seeds 2 tsp	Peanut Butter Drizzle <i>*around side of the cup before base*</i>
Blueberry 10 each	Coconut Flakes 2 tsp	Blue Vanilla Cashew Drizzle <i>*around side of the cup before base*</i>
Pineapple 5 slices	Cacao Nibs 2 tsp	Chocolate Cashew Drizzle <i>*around side of the cup before base*</i>
Banana 1/2 sliced	Waffle 4 pcs <i>*one waffle cut in qtrs*</i>	Strawberry Chia Jam 2 TBSP <i>*bottom of the cup before base*</i>
Green Apple 5 slices		Almond Butter 1 TBSP
Dates 6 pcs		Coco Whip 1 scp (<i>blue disher</i>)
Raspberry 2 TBSP		