EVIA INSPIRED RECIPES

BLUEBERRY AND RASPBERRY PARFAIT JAR

RECIPE BY EVIA YOGHURT

PREP TIME: 5MIN • COOK TIME: 0MIN

ENERGIZING START TO THE DAY with EVIA berry smoothie!

INGREDIENTS

- 125G RASPBERRIES (FRESH OR FROZEN)
- 125G BLUEBERRIES (FRESH OR FROZEN)
- 170G EVIA NATURAL YOGHURT
- 5 ICE CUBES
- ½ TEASPOON CHIA SEEDS
- SQUEEZE OF HONEY
- PINCH OF CINNAMON

METHOD

HOW TO

1 PLACE ALL INGREDIENTS IN BLENDER WHIZZ UNTIL WELL COMBINED

2 POUR INTO GLASS

3 ENJOY!

USE THIS EVIA PRODUCT

GREEK NATURAL

AVAILABLE IN 170G & 700G

AUTHENTIC • TRADITIONALLY STRAINED