



## WATERMELON CHIA PARFAITS

*Serves 4*

### Ingredients:

- 4 cups watermelon, liquified (see notes)
- 1/2 cup chia seeds
- 2 tablespoons lemon juice
- yogurt of choice
- toppings of choice: kiwi, mint or toasted coconut (optional)

1. Combine the watermelon, chia and lemon juice in a medium bowl and stir. Let sit in the refrigerator for at least 4 hours or overnight to make the watermelon jam.
2. In a small jar, layer 1-2 tablespoons of yogurt and 1/2 tablespoons of watermelon chia pudding among 4 jars. Repeat layers. Top with fruit or crunchy toppings of choice. Enjoy!

### Note:

To liquify watermelon, remove the ring and chop the watermelon into bite-sized chunks. Place the chunks in a blender and blend for about 1 minute, until watermelon is liquid. Either place a mesh strainer over a large bowl and pour watermelon juice in the strainer and let juice drain through or skip straining if you prefer pulp with the juice.