

# Matcha Greek Yogurt Panna Cotta, Mixed Berry Chia Jam Parfait

**Serving size: 9 oz**

**Makes 9 servings**

## Mixed Berry Jam (1 cup)

- ¼ cup Water
- ¾ cup Blueberries
- 1 ½ tsp Lemon Zest
- 2 TBSP Lemon Juice
- 3 TBSP Maple Syrup
- ¾ cup Raspberries
- ¾ cup Strawberries
- 2 TBSP Chia Seeds

## Panna Cotta

- 1 Tbsp, 2 tsp Gelatin
- ½ cup Whole Milk
- 1 TBSP, 1 tsp Matcha Powder
- 2 Cups Whole Milk
- ¼ cup Honey
- 1 qt Nonfat Vanilla Greek Yogurt

## Preparation:

1. To make the mixed berry chia jam, combine water, blueberries, lemon zest, lemon juice, maple syrup, raspberries and strawberries in a pot. Cook over medium heat until berries let out their juices. Puree fruit with immersion blender. Add chia seeds to jam and return to heat. Simmer for 1 minute or just until chia seeds have softened. Chill, allow to thicken.
2. Whisk gelatin into ½ cup milk. Allow mixture to sit at room temp for 10 minutes.
3. Combine matcha, honey and 2 cups milk in a pot. Bring up to a light simmer.
4. Remove pot from the heat. If there are still lumps of matcha powder, blend mixture slightly with an immersion blender.
5. Whisk yogurt into milk/gelatin mixture. Combine yogurt mixture into hot matcha mix.
6. Set out 9 fl. oz. cups or small bowls. Portion 6 fl. oz. of matcha yogurt mixture into each cup. Cover cups with plastic wrap and allow panna cotta to set up in the refrigerator for 2 hours or until firm and chilled.
7. Once set, top each panna cotta with 2 TBSP of mixed berry jam.



*Registered Dietitian Approved!*



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## NUTRITION FACTS PER SERVING

calories	200
<b>total fat (g)</b>	3
saturated fat (g)	1.5
trans fat (g)	0
<b>sodium (mg)</b>	70
<b>total carbohydrate (g)</b>	31
dietary fiber (g)	3
sugar (g)	28
<b>protein (g)</b>	12