



# Breakfast Parfait

## INGREDIENTS

- Chia pudding
- yogurt
- Lemon curd
- Fruit
- Superfoods
- Supernola Pineapple Ginger Fusion**
- Coconut
- Honey or agave syrup

## INSTRUCTIONS

1. Layer, layer layer!
2. Add lots of color. Fresh fruits and superfoods can turn any plain parfait into an Instagram-worthy breakfast.

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## Superfood Highlight: Dragon Fruit



- Fun fact: dragon fruit is actually the fruit of a cactus tree!
- Dragon fruit is low in calories but packed with essential vitamins and minerals.
- Dragon fruit contains several types of potent antioxidants and its loaded with fiber.