



Yogurt Parfait with CBD Honey

Prep Time: 5 minutes

Yield: 1 serving/10mg CBD per serving

Ingredients

2 teaspoons honey

10mg CBD oil

1 cup full fat Greek yogurt (2%)

pinch of cinnamon

1 cup fresh berries (blueberries, strawberries, raspberries)

2 teaspoons chia seeds

Preparation

1. Mix honey and cbd oil together in a small bowl until combined.
2. Add greek yogurt to bowl and drizzle with cbd honey, cinnamon fresh berries + chia seeds. Eat immediately.

Recipe provided by Chef Teresa Hansen

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