



WEEK 2:

Forge For New Berries & Melons

BERRIES

Blueberries
Cranberries
Kiwis
Grapes
Avocados
Dragon Fruit
Acai Berry
Goji Berry
Bananas
Watermelon

MELONS

Cantaloupes
Honeydew
Casaba
Crenshaw
Muskmelon

Adding more fruit to your diet may seem like an easy task, but understanding what types of fruit you are eating may be a bit more confusing. It's common knowledge that avocados are fruits, but did you know that squash and zucchini are as well? Even more confusing, strawberries aren't technically berries, but watermelons, lemons, bananas and cucumbers are.

What Are Berries?

Fruits with a fragile cell structure, that are pulpy and juicy with tiny seeds embedded in the flesh.

What Are Melons?

Also known as Pepo, these fruits have a hard outer surface that is either smooth or netted with a juicy flesh.

Berry-Delish-Chia Pudding

Ingredients

Chia Pudding

- 1 ¾ cup unsweetened vanilla almond milk
- ½ cup chia seeds
- 2T maple syrup (optional)
- ½ teaspoon ground cinnamon

Fruit Layer Options

- Blue Raspberry:** 1 cup fresh raspberries (mashed) + ¼ cup blueberries
- Pineapple Kiwi:** ¼ cup chopped pineapple + 1 banana + 1 cup sliced kiwi + splash of orange juice

Instructions

1. Chia pudding: Combine almond milk, chia seeds, maple syrup, and cinnamon in a bowl. Whisk vigorously until combined. Store the chia pudding mixture in an airtight container overnight (or at least 4 hours).
2. Fruit layer: Mash up fresh berries or blend to make a fruit purée.
3. Assemble the parfaits: Add 2 large spoonfuls of the pudding to each serving dish. Next, spoon on your blended or mashed fruit to make a fruit layer. Finally, spoon the rest of the chia pudding mixture to make the final layer of parfait and top with a little fresh fruit.



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