

Overnight Barley & Chia Parfait with Yogurt

Ingredients

- ½ cup (100 g) pearl barley, cooked and cooled
- 1 cup (240 ml) plain Greek yogurt (unsweetened)
- 2 tbsp (24 g) chia seeds
- ½ cup (120 ml) unsweetened almond milk
- 1 cup (150 g) fresh berries
- 1 tbsp (15 ml) honey (*optional*)

Step-by-Step Instructions

1. Cook pearl barley according to package instructions, drain, and cool completely.
2. In a jar, mix chia seeds and almond milk. Refrigerate overnight.
3. In the morning, layer yogurt, cooked barley, chia pudding, and berries in glasses or jars. Drizzle honey if using.

Why This Helps Blood Sugar

Barley contains beta-glucans that reduce post-meal glucose spikes. Chia seeds offer soluble fiber and omega-3 fatty acids that slow digestion.