Georgia Peach and Blackberry Yogurt Sundae

2 cups plain organic yogurt
1 T chia seeds
1 T agave nectar or honey
1 tsp pure vanilla extract
2 ripe Georgia peaches, diced
2 cups fresh blackberries
1 cup walnuts, raw or toasted
fresh mint, to garnish

In small bowl, combine yogurt, chia seeds, agave nectar, and vanilla. In separate mixing bowl, toss together diced peaches, blackberries and walnuts. Spoon 1/2 cup yogurt mixture into individual serving dishes and top with 1 cup fruit and nut mixture. Garnish with sprig of mint.

Serves 4

Recipe by Garden Chef Megan McCarthy

ATLANTA BOTANICAL GARDEN