



Strawberry Chia Pudding Parfait

INGREDIENTS

Vanilla Chia Pudding

1/3 cup chia seeds
1 1/2 cups unsweetened almond milk
1-3 drops of liquid stevia (or sweetener of your choice)
1/2 teaspoon vanilla

Chia Pudding Parfait

1/2 cup vanilla chia pudding
1/2 cup unsweetened non-dairy yogurt
1/4 cup fresh strawberries, sliced
coconut chips, garnish
pepitas, garnish

DIRECTIONS

In a large bowl whisk together the chia seeds, almond milk, stevia (or sweetener) and vanilla. Let sit about 30 minutes, stirring occasionally, until the mixture is thick - the texture of pudding. Set aside.

Chop your strawberries and prep your toppings. If you don't have (or like) coconut chips and pepitas, you can sub in nuts, granola, other fruits - whatever you've got on hand!

To make the parfait, layer alternating 1/4 cups of chia pudding and yogurt into a cup or dish, and top with your favorite toppings and sliced strawberries. Easy peasy!

NOTES

Leftovers last in the fridge about 3 days in an airtight container.

This recipe serves 1, but can be easily doubled or quadrupled for sharing!

