

Raspberry Chia Pudding Parfait

🕒 Prep: 15 minutes Total: 15 minutes

👤 Servings: 4-5 servings

1x	2x	3x
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INGREDIENTS

For the Chia Pudding:

- 1 (13.5 oz.) can full-fat coconut milk (such as Thrive Market)
- 1/3 cup chia seeds
- 1 tsp. vanilla extract (such as Simply Organic)
- 1 Tbsp. organic maple syrup (optional for sweetness)

For the Raspberry Sauce:

- 1 (10 oz.) bag organic frozen raspberries
- Splash of water
- 1 tsp. vanilla extract (such as Simply Organic)
- 1 Tbsp. organic maple syrup (optional for sweetness)
- 2 Tbsp. chia seeds

Optional toppings:

- Gluten-free or Grain-free Granola (try our Paleo Granola)
- Coconut flakes
- Sliced almonds or nuts of choice
- Nut butter
- Fresh fruit

INSTRUCTIONS

For the Chia Pudding:

- Place all chia pudding ingredients in a blender and blend until smooth and just combined – a few seconds. For a smoother chia pudding blend until chia seeds are broken down.
- Transfer to a glass container and place in the fridge and let set overnight.
- Depending on consistency of coconut milk used, if chia pudding is too thick after it has set, feel free to stir in 1/4 cup at a time of a non-dairy milk such as almond or coconut milk until desired consistency is achieved.

For the Raspberry Sauce:

- Place frozen berries and water in saucepan over medium heat. Let cook for 5-8 minutes, stir occasionally.

- Once berries are broken down and begin to bubble. Stir in the vanilla and optional maple syrup and simmer on low for 2-3 minutes. Remove from heat and stir in chia seed.
- Transfer to a glass container and allow to cool. Once cooled transfer to the fridge and let set overnight.

To assemble parfaits:

- Layer chia pudding and raspberry sauce however you please, dividing it up among 4-5 containers. You can also add a layer of granola if you wish and any toppings that sound good to you. I love using these tulip Weck mason jars for the perfect size.
- Serve immediately or place in fridge. Parfaits are best to be consumed within 4-5 days of making.

NUTRITION INFORMATION

Serving Size: 1/5 of recipe (include maple syrup) **Calories:** 288 **Fat:** 18 g **Sodium:** 15 mg
Carbohydrate: 24 g (**Fiber:** 12 g **Sugar:** 8 g) **Protein:** 6 g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Nut-free Paleo Vegan Vegetarian

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Find it online: <https://therealfooddietitians.com/raspberry-chia-pudding-parfait/>

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