Chia Breakfast Parfait

Source: The Vegan Starter Kit by Neal Barnard, MD; recipe by Christine Waltermyer

Find this recipe and more in The Vegan Starter Kit by Neal Barnard, MD.

About the Recipe

246 Calories · 6 g Protein · 13 g Fiber
Breakfast

Ingredients

Makes 3 Servings

- 2 cups unsweetened vanilla almond milk
- 1/2 cup chia seeds
- 3 tbsp. maple syrup
- 1/2 tsp. vanilla extract
- 2 cups mixed berries
- to taste fresh mint sprigs

Directions

1. In a medium bowl, combine the almond milk, chia seeds, maple syrup, and vanilla extract. Whisk to combine. Cover the bowl with plastic wrap and refrigerate for 6 hours or overnight.
2. The next day, spoon the chia pudding and mixed berries in alternating layers into three small mason jars. Finish with a layer of berries and top with fresh mint.

Nutrition Facts

Per serving (1/3 of recipe)

Calories: 246
Protein: 6 g
Carbohydrate: 36 g
Sugar: 18 g
Total Fat: 10 g
    Calories from Fat: 35%
Fiber: 13 g
Sodium: 121 mg