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