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

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

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