

Chia Breakfast Parfait

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

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