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