

Blueberry Chia Parfait

2 SERVINGS 30 MINUTES



INGREDIENTS

1 3/4 cups Unsweetened Almond Milk
1/3 cup Chia Seeds
1 tbsp Maple Syrup
1 cup Frozen Blueberries (thawed)
1/4 cup Slivered Almonds

NUTRITION

AMOUNT PER SERVING

Calories	376	Cholesterol	0mg
Fat	24g	Sodium	143mg
Carbs	36g	Vitamin A	472IU
Fiber	14g	Vitamin C	2mg
Sugar	14g	Calcium	657mg
Protein	11g	Iron	4mg

DIRECTIONS

- 01 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 02 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 03 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

