



Snack Recipes



Chia Pudding Parfait

Ingredients:

- 3 tablespoons chia seeds 1 cup unsweetened
- coconut/almond milk
- 1/2 teaspoon pure vanilla extract Sprinkle ground cinnamon
- 1/2 cup berries

Optional:

1-2 tablespoons unsweetened cocoa powder 1 tablespoon chopped walnuts

Directions:

1. In a medium bowl, whisk together chia seeds, milk, vanilla, cinnamon, and cocoa powder (optional).
2. Refrigerate for 15 minutes (or overnight if possible) to let thicken.
3. Layer chia pudding with fruit and top with walnuts (optional).

If it seems “too thin” add a little more chia, if it seems “too thick” add a little more milk.

Enjoy!



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