



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

Directions

- 1 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.
- 2 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.
- 3 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds: Use shredded coconut or hemp seeds instead.

Chia Will Not Gel: If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!