



Chia Pudding Parfait

Servings: 1

Ingredients

1 can of light or full fat coconut milk

1/3 cup of chia seeds

1/2 tsp vanilla extract

8 drops stevia extract (or to taste)

Dash of cinnamon



What you'll need



measuring spoons



measuring cups

Nutrition Facts

Servings 1

Amount Per Serving

Calories 500

% Daily Value

Total Fat 34.1g 44%

Saturated Fat 15.3g 77%

Cholesterol 0mg 0%

Sodium 131mg 6%

Total Carbohydrate 26g 9%

Dietary Fiber 25.2g 90%

Sugars 0.7g

Protein 15.1g

Vitamin D 0mcg 0%

Calcium 403mg 31%

Iron 7mg 38%

Potassium 304mg 6%

Instructions

1. Combine all ingredients in a bowl with a lid. Refrigerate for a few hours or overnight to allow the chia seeds to gel.
2. Add your favorite toppings or mix-in's and enjoy! Try cacao powder for a chocolate pudding, add fresh berries, or sprinkle extra cinnamon on top - whatever you're in the mood for!



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