

Recipe of the Month- February 2024



Chia pudding parfait

Prep time: 5 minutes


Chill time: ~ 4 hours

Total time: 4 hours

Servings: 3 servings

Dietary restrictions: Gluten-free option, nut-free, egg-free, vegan- and vegetarian-friendly option, soy-free

Ingredients

- 3 tbsp cocoa powder
- 2 tsp vanilla extract
- $\frac{1}{8}$ tsp salt
- 1–2 tbsp maple syrup
- 1 cup milk of choice (e.g., almond milk, 2% milk)
- 3 tbsp whole chia seeds 
- $\frac{3}{4}$ cup vanilla yogurt
- $\frac{1}{2}$ cup fruit of choice (e.g., berries, sliced bananas)

Preparation

1. In a large bowl, add all ingredients (except yogurt and fruit) and whisk vigorously until cocoa powder is fully incorporated into the pudding.
2. Cover the bowl with plastic wrap or transfer it to a container with a lid.
3. Place the pudding in the refrigerator and chill overnight or for at least 4 hours.
4. Remove pudding from the refrigerator and stir to eliminate any clumps.
5. In 3 small glass jars or serving bowls, layer 2 heaping spoonfuls of pudding, followed by $\frac{1}{4}$ cup of yogurt, and then a final spoonful of pudding.
6. Top with the fruit of your choice and enjoy.

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