



Strawberry Matcha Chia Pudding Parfait

4 servings

1 hour 10 minutes

Ingredients

2 cups Plain Coconut Milk (from the carton)
 2 tsp Green Tea Powder
 1/4 cup Maple Syrup (divided)
 1 Lemon (juiced)
 1/2 cup Chia Seeds
 1 1/3 cups Strawberries (chopped)
 2 cups Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	278
Fat	14g
Carbs	37g
Net Carbs	27g
Fiber	10g
Sugar	19g
Protein	5g
Cholesterol	0mg
Sodium	49mg
Vitamin A	256IU
Vitamin C	33mg
Calcium	663mg
Iron	3mg

Directions

- 1 In a bowl, add the milk, green tea powder, half of the maple syrup and lemon juice. Whisk until well combined.
- 2 Stir in the chia seeds. Let it sit for five to ten minutes then stir again. Refrigerate for at least one hour or until the chia seeds have set.
- 3 Once the pudding is ready, mash the strawberries and the remaining maple syrup in a bowl. Then, layer the mashed strawberries, yogurt, and pudding into jars. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/4 cup.

No Strawberries: Use raspberries, blueberries, or blackberries instead.

No Coconut Yogurt: Use yogurt of choice instead.