

Strawberry Rhubarb Chia Parfait

5 ingredients · 4 hours · 4 servings



Directions

1. Combine the chia seeds, almond milk and honey together in a bowl and mix well until all clumps are dissolved. Cover and let sit in the fridge for 4 hours or until thickened.
2. Preheat oven to 350°F (177°C). Place the rhubarb and strawberries together in a glass baking dish and bake in the oven for 30 minutes. Remove from oven and set aside to cool.
3. To make parfaits, set out mason jars (we use size 250 mL), layer in chia seed pudding and use a slotted spoon to add the strawberry rhubarb mix. Repeat to create layers. Enjoy!

Notes

Storage

Store in the fridge up to 5 days.

No Rhubarb

Use diced apple instead.

Ingredients

- 2/3 cup** Chia Seeds
- 2 cups** Unsweetened Almond Milk
- 1 tbsp** Raw Honey
- 2 cups** Rhubarb (diced)
- 3 cups** Strawberries (diced)

Nutrition

Amount per serving

Calories	233	Calcium	506mg
Fat	12g	Iron	3mg
Saturated	1g	Vitamin D	50IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	9g	Vitamin K	20µg
Monounsaturated	2g	Thiamine	0mg
Carbs	30g	Riboflavin	0.1mg
Fiber	15g	Niacin	1mg
Sugar	10g	Vitamin B6	0.1mg
Protein	7g	Folate	30µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	89mg	Phosphorous	34mg
Potassium	497mg	Magnesium	30mg
Vitamin A	325IU	Zinc	0mg
Vitamin C	68mg	Selenium	1µg