

# Blueberry Chia Parfait

1 SERVING 30 MINUTES



## INGREDIENTS

1 cup Unsweetened Almond Milk  
2 tbsps Chia Seeds  
1/2 cup Frozen Blueberries (thawed)  
1/4 tsp Vanilla Extract  
1 tbsp Slivered Almonds

## NUTRITION

### AMOUNT PER SERVING

Calories	232	Sodium	165mg
Fat	14g	Potassium	254mg
Saturated	0g	Vitamin A	535IU
Trans	0g	Vitamin C	2mg
Polyunsat...	1g	Calcium	606mg
Monounsa...	2g	Iron	3mg
Carbs	22g	Folate	6µg
Fiber	10g	Phosphoro...	9mg
Sugar	7g	Magnesium	91mg
Protein	7g	Zinc	0mg
Cholesterol	0mg		

## DIRECTIONS

- 01 In a bowl, mix together the almond milk, chia seeds and vanilla. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 02 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.
- 03 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!

