



A Nutrition Resource

Chia Parfait

Yield: 2 Servings

Ingredients:

- 4 tablespoons of chia seeds (use more for thicker consistency)
- 1 cup nonfat milk (plain dairy, coconut, almond, oat, or cashew)
- 1/2 tablespoon maple syrup, honey, agave, or monk fruit sweetener
- 1/2 tablespoon vanilla extract optional

Directions:

- 1) Combine chia seeds, milk, sweetener, and optional vanilla. Mix well. Let the mixture sit for 5 minutes.
- 2) Add another tablespoon of chia seeds, mix again, and refrigerate for at least 30 minutes or overnight.
- 3) Wash berries before serving. When ready to serve, top with berries and nuts.

Nutrition Facts

| Amount per | | |
|----------------------------|------|---------------------|
| 1 serving (5.6 oz) | | 159 g |
| Calories | 205 | From Fat 76 |
| % Daily Value* | | |
| Total Fat | 9g | 14% |
| Saturated Fat | 1.1g | 6% |
| Trans Fat | 0.1g | |
| Cholesterol | 2mg | 1% |
| Sodium | 70mg | 3% |
| Total Carbohydrates | 22g | 7% |
| Dietary Fiber | 10g | 39% |
| Sugars | 10g | |
| Protein | 9g | 18% |
| Vitamin A | 6% | Vitamin C 3% |
| Calcium | 34% | Iron 13% |

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



This material was provided by CalFresh Healthy Living: <https://eatfresh.org/recipe/snacks chia-valley-california-parfait/>

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