



Snack Recipes

Chia Pudding Parfait

Ingredients:

- 3 tablespoons chia seeds
- 1 cup unsweetened coconut/almond milk
- 1/2 teaspoon pure vanilla extract
- 1/2 cup berries
- Sprinkle ground cinnamon



Optional:

1-2 tablespoons unsweetened cocoa powder 1 tablespoon chopped walnuts

Directions:

1. In a medium bowl, whisk together chia seeds, milk, vanilla, cinnamon, and cocoa powder (optional).
2. Refrigerate for 15 minutes (or overnight if possible) to let thicken.
3. Layer chia pudding with fruit and top with walnuts (optional).

If it seems “too thin” add a little more chia, if it seems “too thick” add a little more milk.

Enjoy!

Nutrition Information:

1 serving with no topping: 315 calories, 10 grams protein, 42 grams carbs, 12 grams fat

1 serving with topping: 390 calories, 14 grams protein, 49 grams carbs, 19 grams fat

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