

→ \$2.16 per serving

Make-Ahead Chia Pudding Parfaits

PREP TIME: 15 MINUTES / CHILL TIME: 2 HOURS OR OVERNIGHT

These breakfast cups make for a nourishing, balanced breakfast. Just mix them up at least 2 hours ahead to allow time for the pudding to set and chill. If you make them on a Sunday evening, you'll be set for the coming week. Add ½ teaspoon matcha green tea powder to each chia pudding cup for a morning energy, brain, and metabolism boost.

SERVES 5

GOOD FOR SHARING

NO COOK

ONE POT

SAVE FOR LATER

2½ cups nondairy milk

5 tablespoons chia seeds

5 teaspoons sugar or maple
syrup (optional)

5 cups berries or other fruit, cut
into bite-size pieces

2½ cups Spiced

Cranberry-Almond

Granola (page 20), Peanut

Butter-Chocolate Chip

Granola (page 21), or

store-bought granola

1. In each of 5 single-serving jars or containers, combine ½ cup milk, 1 tablespoon chia seeds, and 1 teaspoon sugar (if using). Stir to combine.
2. Layer 1 cup of fruit on top of each, followed by ½ cup granola. Refrigerate for at least 2 hours. Grab it and go. Each parfait will keep for up to 5 days.

SUBSTITUTION TIP: Swap the chia pudding for mashed banana (use 1 per parfait) or nondairy yogurt (½ cup per parfait).

Per Serving Calories: 551; Protein: 11g; Total fat: 27g; Saturated fat: 11g; Carbohydrates: 75g; Fiber: 19g