

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	242	Vitamin C	68mg
Fat	13g	Calcium	479mg
Saturated	0g	Iron	4mg
Carbs	30g	Vitamin D	50IU
Fiber	12g	Vitamin B6	0.1mg
Sugar	10g	Folate	30µg
Protein	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	126mg
Sodium	84mg	Zinc	0mg
Potassium	598mg	Selenium	1µg
Vitamin A	325IU		