

Chia Pudding

Chia seeds are very nutritious. They deliver protein, omega-three fatty acids, and fibre—and they taste heavenly when paired with fruit and coconut milk, as in this super-simple parfait.

Yields: 1 serving

Ingredients:

3 tablespoons white or black chia seeds
3/4 cup unsweetened coconut beverage (NOT canned coconut milk)
½ teaspoon vanilla
1 sprinkle ground cinnamon
1 packet stevia powder
¼ cup fresh blueberries

1 tbsp sliced almonds

Directions:

In a cereal bowl, stir together chia seeds, coconut milk, vanilla, cinnamon, and stevia. Chill for 15 minutes or refrigerate overnight, and chia seeds will expand, soften, and absorb liquid. Layer chia in a tall glass with the fruit and almonds. Serve cold.

Adapted from a recipe in *Shape* magazine.