

Chia Pudding Parfaits: The Fresh, No-Bake Breakfast You'll Crave

Whether you're powering through your morning or looking for a light, satisfying snack, this



TIME
5 min

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INGREDIENTS

- ? 3 tablespoons chia seeds
- ? 1 cup almond milk (or any milk of your choice)
- ? 1 tablespoon honey (or maple syrup)
- ? ½ cup fresh berries (strawberries, blueberries, raspberries, or a mix)
- ? ... cup granola

DIRECTIONS

1. **Mix the Chia Pudding:** In a bowl or jar, stir together the chia seeds, almond milk, and honey until fully combined.
2. Let sit for 5 minutes, then stir again to prevent clumping.
3. Cover and refrigerate for at least 4 hours, or overnight, until thickened.
4. **Build the Parfait:** In a glass or jar, layer spoonfuls of chia pudding, fresh berries, and granola.
5. Repeat layers until your container is full or the ingredients are used up.
6. **Serve and Enjoy:** Eat immediately for maximum crunch, or prep in advance and keep granola separate until serving.

TIPS FOR SUCCESS

Use full-fat milk (dairy or non-dairy) for creamier texture.

Stir the pudding twice -once at the beginning, then again after 5 minutes to prevent clumping.

Add Greek yogurt between layers for extra protein and richness.

Keep granola separate until ready to eat to maintain crunch. ?

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