

# UC-VEG

Umpqua Community Veg Education Group

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## **Chia Seed Pudding Parfait**

2 cups non-dairy milk (ex: 1 can of light coconut milk,  
plus enough water to make 2 cups)

½ cup chia seed

1 tsp. cinnamon

1 tsp. vanilla extract

3 tbsp. maple syrup (optional)

Combine all ingredients in a large bowl and stir or whisk together. Cover and let rest for a couple of hours until thick. Store in refrigerator. Fill a large cup with alternating layers of the pudding and your favorite berries or chopped fruit. Papaya and raspberries are delicious! Enjoy for breakfast, dessert, or a snack in the day.