

# Chocolate Peanut Butter Chia Parfait

Prep Time 15 mins

Total Time 4 hrs

Meal Type Breakfast, Snack

Contributed By



Source [Living Plate](#)

Servings 2



## Recipe

### Ingredients

lb,c g,ml

- 1/3 cup chia seeds
- 2 1/2 Tbs unsweetened cocoa powder
- 1 1/4 cup unsweetened almond milk
- 1 Tbs maple syrup
- 1 banana, *mashed* plus optional additional slices to top the parfait.
- 2 1/2 Tbs peanut butter
- unsweetened shredded coconut, *(optional) to taste*
- dark chocolate, *(optional) to taste*

### Directions

#### Make

1. Add chia seeds, cacao powder, 1 cup of milk, and maple syrup to a mason jar. Shake vigorously to combine. Let sit for 10 minutes, then shake again.
2. Place in refrigerator overnight or for at least 4 hours.
3. Mash banana and peanut butter together and whisk in 1/4 cup of milk, adding more if needed to make a sauce.
4. Either stir sauce into chia pudding before serving or layer to make a parfait.
5. Taste chia pudding for sweetness and adjust accordingly.
6. Optional: top with some seeds, shredded coconut, dark chocolate chips, additional sliced banana

### Notes

Nutrition facts do not include optional coconut and dark chocolate toppings.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 24.3g	37%	Total Carbohydrates 46g	15%	
	Saturated Fat 4.0g	20%	Dietary Fiber 18g	70%	
	Trans Fat 0.1g		Total Sugars 17g		
	Cholesterol 0mg	0%	Protein 13g		
Calories 417	Sodium 130mg	5%			
per serving	Vitamin D 2mcg 16% · Calcium 564mg 56% · Iron 5mg 27% · Potassium 772mg 16%				

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