

blueberry vanilla chia pudding parfait

Claire loves her yogurt in the morning. Honestly it's one of the only things I can get her to eat in the mornings. I switched it up a little on her last weekend. I had my fingers crossed as she poked at it with her spoon. I waited and pretended not to watch her (she eats better when no one is watching her) and then I saw it; she took a bite. I heard angels singing. Claire liked it and she finished it! Switch up your regular morning yogurt routine with this parfait. Kid tested and approved!

xoxo,
Kristin

Instructions

- 1) Place the milks, almond butter, vanilla extract and honey in a blender and blend until smooth.
- 2) Place the blended mixture and the chia seeds in a large resealable container. Seal the container, shake and then refrigerate for 3 hours or overnight. Stir the mixture half way through.
- 3) The chia seeds are ready to eat once they develop a pudding like texture.
- 4) In two smaller containers, put a layer of the chia seeds, a layer of the blueberries and a sprinkle of the walnuts. Repeat once more.

Recipe from Juli Bauer's Paleo Cookbook 5/15/17