

Strawberry Banana Chia Pudding Parfait **(Paleo, Vegan)**

This pudding parfait has been my go to breakfast lately. It tastes like a Dairy Queen banana spilt, but without the belly bloat. With fresh strawberries in season, you have to try this Sansational!

Serves 2



Ingredients:

- 1 cup almond, cashew, or coconut milk
- 1/4 cup chia seeds
- 1/2 tsp cinnamon

1 tbsp maple syrup

Sliced strawberries and bananas

Topping of choice for crunch: sliced almond, toasted coconut chips, coconut, pumpkin seeds, walnuts
(I used the first two)

Directions:

1. For the pudding: Place the first four ingredients in a mason jar, mix well and refrigerate for four hours to overnight.
2. For the parfait: Layer the pudding with the fruit and toppings. Enjoy!

Sansational Tip:

You can use other fruit such as mango and pineapple to create your own Sansational version. I have tried this parfait with mango and banana for a tropical twist. So delicious!