

Keto Chia Berry Yogurt Parfaits

Description

These parfaits are yummy and very filling. You will enjoy every spoonful.

Prep time: Ten minutes

Total time: Forty minutes

Servings: 4

Ingredients

For Chia pudding:

1/3 cup of chia seeds (1.8 oz)

1/4 teaspoon of vanilla bean powder or 1/2 teaspoon of sugar-free vanilla extract

1/4 teaspoon of ground cinnamon

2/3 cup of water

1/2 cup of coconut cream (4.2 oz)

1 tablespoon of powdered Erythritol or Swerve or 2-3 drops of stevia

For Berry & yogurt layer:

1 cup of mixed frozen berries (5.3 oz)

1 cup of full-fat Greek or coconut yoghurt or cream (8.8 oz)

For Coconut & seed crumble:

1/3 cup of flaked coconut, preferably toasted (0.8 oz)

2 tablespoons of sunflower seeds (0.6 oz)

2 tablespoons of pumpkin seeds (0.6 oz)



Instructions

1. Mix all the ingredients needed for the chia pudding in a jar and set aside overnight or for thirty minutes.
2. Prepare the berries by defrosting and crushing it with a fork into a paste.
3. Then prepare the crumble by combining all the ingredients in a bowl. Then layer the crumble, chia pudding, yogurt, and crushed berries to make the parfait.
4. Serve.