



## Strawberry Rhubarb Chia Parfait

4 servings

4 hours

### Ingredients

2/3 cup Chia Seeds (or 2/3 cup)  
2 cups Unsweetened Almond Milk  
1 tbsp Raw Honey  
2 cups Rhubarb (diced)  
3 cups Strawberries (diced)  
1/2 cup Vanilla Protein Powder  
(optional. 1/4 cup = 1 scoop)

### Nutrition

Amount per serving	
Calories	279
Fat	13g
Saturated	0g
Carbs	30g
Fiber	12g
Sugar	10g
Protein	17g
Cholesterol	2mg
Sodium	103mg

### Directions

- 1 Combine the chia seeds, almond milk, honey, and protein powder (optional) together in a bowl and mix well until all clumps are dissolved. Cover and let sit in the fridge for 4 hours or until thickened.
- 2 Preheat oven to 350°F (177°C). Place the rhubarb and strawberries together in a glass baking dish and bake in the oven for 30 minutes. Remove from oven and set aside to cool.
- 3 To make parfaits, set out mason jars (we use size 250 mL), layer in chia seed pudding and use a slotted spoon to add the strawberry rhubarb mix. Repeat to create layers. Enjoy!

### Notes

**Storage:** Store in the fridge up to 5 days.

**No Rhubarb:** Use diced apple instead.

**Using rhubarb:** Use stalks only, never the leaves as they are high in oxalic acid (a naturally occurring toxin in some plants) that can cause digestive upset and aggravate existing liver or kidney issues.