

Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

CHOCOLATE LAYERED CHIA PUDDING

Chia seeds have so many great health benefits to them and the possibilities are endless. I came up with this flavor combination because this pudding is very refreshing, easy to prepare, and makes for both, a great dessert or breakfast on a warm summer day or any day. A delicious layered pudding parfait I know you're going to love!



Chocolate Layered Chia Pudding

4 servings
25 minutes

Ingredients

- 1/2 cup Chia Seeds
- 1 1/2 cups Plain Coconut Milk (from the carton)
- 2 tbsps Cocoa Powder
- 1 1/2 cups Unsweetened Coconut Yogurt
- 1 1/2 cups Strawberries (cut in half)

Directions

- 1 In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to five days.
- Likes it Sweet:** Add a drizzle of maple syrup or honey.
- Additional Toppings:** Add granola or cacao nibs on top for crunch.
- No Coconut Yogurt:** Use another type of yogurt instead.