

LUSCIOUS

Vanilla Banana :: Chia Seed Parfait

gluten-free

vegan

INGREDIENTS:

1/3 cup Chia seeds

1 1/2 cup Almond milk (unsweetened)

1 tsp Maple syrup

1 tsp Vanilla extract

1 ripe Banana (sliced)

1 palm full chopped walnuts

*or almonds**



STEPS:

Add chia seeds, milk, maple syrup, and vanilla extract to a small mason jar. Cap the jar and shake the ingredients vigorously for 20 seconds. Allow the contents to set for about 5 min. Slice your banana and chop your walnuts. Give your jar another shake. Allow the pudding to set for another 5 min. Pour half of your chia pudding into a bowl, layer with half of your sliced banana and half of your chopped walnuts. Pour the remaining chia pudding into the bowl and top with the rest of the banana and walnuts. Enjoy!!

Nutrition benefits: Omega-3 fatty acids, protein, Calcium, Iron, Manganese, Vitamins B1 (Thiamine), B2 (Riboflavin), B3 (Niacin), & B9 (Folate).

**Almonds are a world renowned galactagogue that may help with milk production.*

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