MANGO COCONUT CHIA SEED PARFAIT

INGREDIENTS
- 14 oz. lite coconut milk
- 6 Tbsp chia seeds
- 5 Tbsp unsweetened shredded coconut
- 5 Tbsp pure maple syrup
- 1 tsp vanilla extract
- mango, diced (or sub other fruit)

PREP TIME
- Prep | 15 minutes
- Yield | 2-3 servings

DIRECTIONS
01 In a bowl, combine the coconut milk, chia seeds, shredded coconut, maple syrup and vanilla extract. Whisk until well combined.

02 Let the mixture sit for about 30 minutes at room temperature. Mix once more, cover, and refrigerate for at least 3 hours.

03 Layer some pudding into the bottom each serving glasses. Layer some diced fresh mango on top of the pudding layer. Alternate layers of chia pudding and freshly diced mango until glasses are filled to the top, ending with freshly diced mango.

04 Top with some shredded coconut and serve immediately or keep in the fridge until ready to serve.

https://vegetariangastronomy.com/fresh-mango-coconut-chia-seed-parfait/