Chia Seed Pudding Parfait

Ingredients

Chia Seed Pudding

- 1 can (14 ounces) unsweetened coconut milk
- 3 to 5 Medjool dates, pitted
- 3 tablespoons unsweetened cocoa powder
- 3 tablespoons chia seeds
- 1 t vanilla
- Pinch of ground cinnamon
- Fresh raspberries

Coconut Cream

- 1 can (14 ounces) unsweetened coconut cream or full fat coconut milk, chilled
- Sweetener, if desired (powdered sugar, honey or maple syrup)

Directions

- In a blender, mix coconut milk, dates, cocoa powder, 1 T of the chia seeds, vanilla, cinnamon and salt
- Blend on high until smooth
- Stir in remaining chia seeds and let stand for 10 minutes to allow chia seeds to bloom
- Refrigerate
- To make the coconut cream, chill the can (overnight if possible). Remove the lid from the can without tipping or shaking.
- Scoop out the thickened cream from the top and set the liquid part aside for another use.
- Add to a stand-up mixer and beat the cream on high speed for 30 seconds to 1 minutes or until light and fluffy. Add sweetener, if desired and mix until well blended.
- Layer the chia pudding, fruit and coconut cream and serve.