

# Chocolate, Vanilla & Pomegranate Chia Parfaits

Serves 4

## CHOCOLATE CHIA PUDDING

### Ingredients

- 2 cups unsweetened almond milk
- 1/2 cup organic chia seeds
- 2 tbsp 100% pure maple syrup
- 1 tbsp dark cocoa powder
- 1 tsp pure vanilla extract

### Instructions

1. Place all ingredients in a jar with a metal whisk ball and shake until well blended. After 15 minutes repeat shaking to make sure all seeds are incorporated into liquid mixture. Refrigerate overnight. Keeps for 3 days.

## VANILLA CHIA PUDDING

### Ingredients

- 2 cups unsweetened cashew or macadamia nut milk
- 1/2 cup organic chia seeds
- 2 tbsp 100 % pure maple syrup
- 2 tsp pure vanilla extract

### Instructions

2. Place all ingredients in a jar with metal whisk ball and shake until well blended. After 15 minutes shake again to make sure all seeds are incorporated into liquid mixture. Refrigerate overnight. Keeps for 3 days.

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