

Dairy Free Chia Seed Parfait with strawberry rhubarb chutney

Chia seed pudding

2 tbsp chia seeds

½ cup nut milk of your choice (I used organic unsweetened vanilla almond milk)

¼ tsp ground cinnamon (optional) may use any spice

Instructions – in an 8 oz or larger glass mason jar pour nut milk and then stir in evenly the chia seeds along with optional cinnamon. Be sure to check for consistency and stir again until well incorporated. Then place lid on jar and refrigerate for at least 2 to 4 hours and for best results overnight.

Strawberry rhubarb chutney

2 cups strawberries hulled and quartered

1 cup rhubarb chopped

1 inch knob of fresh ginger peeled and grated

1 pinch of ground cardamon

1 lemon juiced (optional zest)

¼ to ½ cup water (optional)

Pinch of pink sea salt (optional)

Optional sweetener of your choice (I used 2 tbsp organic cane sugar)

Instructions – in a medium size saucepan add strawberries and rhubarb adding water if using. Bring to a simmer, stirring as fruit and rhubarb break down. Add remaining ingredients, stir and cover cooking over low heat for additional 10 minutes. Check for desired consistency and taste. Remove from heat and allow to cool completely. Then refrigerate until cold.

Assemble parfait

1 (6-8 oz) glass for parfait serving and presentation

Place chia seed pudding in the bottle of the glass about a quarter of the way up

Place 1 to 2 tbsp chutney on top of chia seed pudding enough to cover and show through

Repeat steps one and two allowing chutney to show through for presentation

Top off with coconut whip cream (reddi whip nondairy)

Garnish with toasted unsweetened coconut flakes and shaved chocolate shavings with a sliced strawberry and/or fresh mint leaf. Enjoy

Tips – may use maple syrup or honey for sweetener in chia seed pudding during preparation