

Chia Pudding Parfaits!

Mar 5, 2022

Every Bitchin' day starts with a Bitchin' breakfast. These Bitchin' chia pudding parfaits use our Chocolate & Salted Caramel Bitchin' Sauce for an extra saucy kickstart to your day, and come topped with über yummy Bitchin' granola. Goes great with any of our sweet sauces!

Serves:

3

Prep Time:

10 mins

Cook Time:

12 mins

Calories:

640-760

Ingredients

Measurement	Ingredient
Chocolate Banana Parfait	
⅓ cup	Bitchin' Granola
2 cups	Milk of choice
1/3 cup	Chia Seeds
¼ cup	Coconut Flakes
½ cup	Chocolate Sweet Sauce
¼ cup	Cacao Nibs
1	Banana, half sliced and half mashed
Coconut Caramel Parfait	
1/3 cup	Bitchin' Granola
⅓	Mango, small cut or mashed
5-6	Blackberries
¼ cup	Coconut Flakes
¼ cup	Cacao Nibs
1 can	Full Fat Coconut Milk
1/3 cup	Chia Seeds
⅓ cup	Salted Caramel Sweet Sauce
Salted Caramel Bitchin' Granola	
1 1/2 cups	Gluten-Free Rolled Oats
1/2 cup	Coconut Flake, unsweetened (large flakes are best)
1/2 cup	Slivered Raw Almonds (or chopped)

1/2 cup	Raw Pecans, halved
1 tbsp	Coconut Sugar
3 tbsp	Coconut Oil
1/3 tub	Salted Caramel Sweet Sauce

Method

1. For your Chocolate Banana Parfait, pour in milk, chia seeds, and one spoon of Chocolate Sweet Sauce. Stir all together and refrigerate for 3 hours.
2. For your Caramel Coconut Chia Pudding Parfait, pour in coconut milk, chia seeds, and one spoon of Salted Caramel Sweet Sauce. Stir all together and refrigerate for 3 hours.
3. For the granola mixture, add gluten-free rolled oats, coconut flakes, slivered raw almonds, raw pecan halves, coconut sugar, coconut oil, and three spoons of Salted Caramel Sweet Sauce.
4. Take your chilly chia parfaits out of the fridge!
5. Top the Chocolate Chia Pudding Parfait with your baked granola, mashed banana, sliced banana, coconut flakes and cocoa nibs!
6. Top the Caramel Coconut Chia Pudding Parfait with halved black berries, mango puree, granola, halved pecans, coconut flakes, and cocoa nibs!