

Chia Oat Peanut Butter Parfait

Makes 2 Servings

Ingredients:

- 3 Tbsp. chia seeds
- 2 cups unsweetened vanilla almond milk
- 1 tsp pure maple syrup
- ½ cup rolled oats
- 4 Tbsp. peanut butter
- 4 Tbsp. blackberries

Directions:

1. In a mason jar or other glass container with a lid, stir together the chia seeds, 1 cup of the almond milk, and the maple syrup.
2. In a separate jar or other glass container with a lid, stir together the oats and remaining 1 cup almond milk.
3. Cover both jars and refrigerate overnight.
4. When ready to enjoy, stir the oat and chia mixtures to make sure each mixture is well combined and to break apart any clumps.
5. In a serving jar, layer half the oat mixture, 1 TBSP of the peanut butter, and half the chia pudding. Top with 1 TBSP more peanut butter and 2 TBSP of the blackberries. Repeat the layers in a second jar using the remaining ingredients and serve.

Nutrition Facts:

- Calories: 460
- Carbohydrates: 40 g
- Protein: 14 g
- Fat: 25 g