



Flaxseed Pudding Parfait

2 servings

35 minutes

Ingredients

52 grams Ground Flax Seed (or LSA mix)
3 grams Cinnamon
240 milliliters Unsweetened Almond Milk (or coconut milk)
20 grams Maple Syrup
450 grams Unsweetened Coconut Yogurt
62 grams Raspberries (or any fresh berries or kiwi fruit)
25 grams Pecans (toasted and chopped)

Directions

- 1 In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and maple syrup. Let sit for 30 minutes, up to overnight.
- 2 To make the parfaits, set out glass cups or mason jars. Layer in the coconut yogurt and flaxseed pudding in separate layers.
- 3 Top the parfaits with fresh berries and pecans. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Nut-Free: Use pumpkin seeds or hemp seeds instead of pecans.

More Flavor: Add vanilla extract or a variety of berries.