




Raspberry Chia Breakfast Parfait

 7 ingredients  15 minutes  2 servings

Directions

1. Mix almond milk, chia seeds and cinnamon in a bowl. Let sit for 10 - 20 minutes or until the milk has become a thick jelly. Transfer into jars (depending on how many servings you are making).
2. Next add banana onto the milk/chia seed layer. Then add almonds followed by hemp hearts. Top with raspberries and enjoy!

Ingredients

1 cup	Unsweetened Almond Milk
2 tbsps	Chia Seeds
1 tsp	Cinnamon
1	Banana (sliced)
1/2 cup	Almonds (crushed)
2 tbsps	Hemp Seeds
1/2 cup	Raspberries