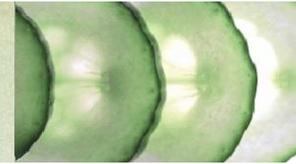


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Mango Lassi Chia Yogourt Parfait

This spicy-sweet treat is inspired by the mango lassi beverage you might find served in Indian restaurants. Mango is rich in vitamins A, C, K, B vitamins including B6 and folic acid, antioxidants, and minerals potassium and copper. Round that out with chia pudding, rich in calcium, iron, magnesium, protein, antioxidants, and healthy fats, and, if you use fortified plant milks, additional B vitamins and vitamin D, and

you've got a powerhouse in a parfait glass. A layer of unsweetened yogurt in the middle adds gut-healthy probiotics and a pleasant hint of tartness to this otherwise sweet dish. Makes 2 servings.

Ingredients:

Vanilla Spice Chia Pudding:

- ⅓ cup organic whole chia seeds
- 1 cup unsweetened almond, coconut, or hemp milk
- 2 tsp. maple syrup
- ½ tsp. organic vanilla extract
- ⅛ tsp. each organic cinnamon, ground ginger, & nutmeg

Parfait layers:

- 1 recipe Vanilla Spice Chia Pudding (above)
- 1 ripe red or ataulfo mango, peeled and diced
- ½ cup unsweetened almond, cashew, or coconut yogurt

In a Pyrex container, stir together the ingredients for the chia pudding. Cover and let stand in the fridge overnight, or several hours until set.

When the pudding has set, stir well and start layering ingredients into 2 parfait glasses (tumbler glasses or small mason jars work well too). Start with ¼ batch chia pudding as the bottom layer in each glass, then ¼ of the mango in each, ½ the yogurt in each (= ¼ cup yogurt in each), another ¼ of the mango each, and the remaining ¼ pudding in each.

Serve cold for breakfast, post-workout or after-school snack, or dessert, with a cup of chai tea. The chia pudding is also delicious on its own, or alternatively combined with diced apples, pears, or peaches.

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