

# Chia Pudding Parfaits from Sharon Shiner, HKC

## Ingredients

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- 1/4 c chia seeds (Sharon likes to use a mix of black and white seeds for contrast)
- almond milk, or slightly watered down coconut milk (Alternately use down coconut milk)
- 1 T coconut nectar (Or more if you wish to have a sweeter pudding)
- 1 pn sea salt
- favorite fruit on hand (or your)
- (check the bulk bins!) (check the bulk bins!)
- pinches will do)
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- 1 c mixed fresh berries (or your)
- 2 T shredded coconut, unsweetened
- 1 zest of a lemon (just a few)
- 1 zest of an orange (just a few)

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## Instructions

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<p>1. Mix chia seeds and coconut water and let them sit for about 10 minutes. One of the properties of the seeds is that they absorb liquids, forming a gel. This gel becomes the &quot;pudding&quot;.<br />

2. Stir in the sweetener and pinch sea salt.<br />

3. Top with berries, coconut and zests.<br />

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That's it!!!</p>