Breakfast Parfait On The Go/ Chia Pudding

This recipe is similar to the banana nice cream recipe! But you can throw it all in a jar and take it with you for busy mornings!

Blend bananas with splash of almond milk or any nut milk. When it is at the consistency you want put half of the ice cream into a mason jar. Then add some granola and fresh fruit. Take the remaining ice cream and blend it with a Tablespoon of Cacao powder. Top with more granola and fresh fruit!

Sometimes I will do a layer of chia pudding on the bottom instead of two layers of ice cream.

To make the chia pudding just add 1/3 cup of nut milk and 2 Tablespoons of chia seeds and leave overnight in the fridge. (Add other layers over it in the morning!)

