

# MATCHA CHIA SEED PUDDING PARFAIT

SERVES 2-4

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*For the matcha chia pudding:*

*1 ¼ cups unsweetened almond milk, preferably homemade*

*3 pitted dates or sweetener of choice, to taste (optional)*

*½ teaspoon pure vanilla extract*

*½ teaspoon matcha powder*

*¼ cup chia seeds*

*For the green smoothie bowl (one suggestion, feel free to use your favorite):*

*2 cups frozen banana pieces*

*1 cup chopped kale (stems removed) or spinach leaves*

*½ teaspoon vanilla extract*

*¼ - ½ cup unsweetened almond milk or milk of choice (you just want enough to get the blender/Vitamix going – Vitamix will need less)*

*a handful of ice if your almond milk is sweetened*

*You can also add extras to your smoothie like a few pieces of frozen, cooked cauliflower, hempseeds, ½ an avocado*

*Topping: bee pollen and diced, peeled kiwi*

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1. Place almond milk, dates, and vanilla in blender and process until dates are pulverized. A Vitamix does a great job with this. If your blender leaves the dates too chunky, you can strain the mixture before adding it to the chia seeds.
2. Add matcha powder and chia seeds to a medium container and add almond milk mixture. Stir immediately to dissolve matcha and loosen up chia seeds. Allow to sit on countertop and stir every 5 minutes so you don't end up with blobs of chia seeds. After 15 minutes, it should have thickened.
3. Cover and refrigerate for at least an hour. I usually do this the night before. Stays in the fridge for as long as your almond milk would.
4. Place all ingredients in the bowl of a food processor or Vitamix or other high-powered blender. Add almond milk and vanilla. Process until smooth and creamy. I find that the food processor needs a little more liquid and a few more seconds to achieve the desired consistency, which is like soft serve ice cream.
5. Divide the smoothie mixture into short glasses or wide-mouthed jars. Top with chia pudding. And garnish with diced, peeled kiwi and a sprinkling of bee pollen.