

Chia Pudding and Evive Smoothie Parfait



Discover our delicious recipe for Layered Chia Pudding and Evive Smoothie, combining flavors and benefits. Indulge in a healthy and tasty dessert with just one spoonful!

Preparation 7 min
Cooking 0 min
Servings 2
Nutrition Facts (per serving)
Calories 310
Fat 12
Carbohydrates 42
Fibre 15
Protein 14
Sodium 85

Ingredients

Vanilla Chia Pudding

- 250 ml (1 cup) unsweetened vegetable drink
- 60 ml (1/4 cup) chia seeds
- 2.5 ml (½ tsp) vanilla extract
- 10 ml (2 tsp) maple syrup

Smoothie

- One [Evive smoothie](#) wheel of your choice (we took the [Viva](#))
- 60 ml (¼ cup) unsweetened vegetable drink
- One frozen banana, sliced

Topping (optional)

- Kiwi fruit, sliced
- Raspberries
- Grated chocolate
- Granola

Note: For athletes, you can add a scoop of protein powder of your choice to the blender to ensure you get the protein you need!

Preparation

1. In a bowl or mason jar, mix all the ingredients for the chia pudding. Place in the refrigerator overnight or at least for 3 hours.
2. On the morning of the service, place all the ingredients of the smoothie in an electric blender and blend until you obtain a homogeneous texture.
3. Pour half the chia pudding into a glass. Add the kiwi slices (if desired) by inserting them a quarter of the way into the pudding, stuck to the glass.
4. Add half of the smoothie, then add topping if desired.



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