

MARLEY SPOON



Coconut Chia Pudding Parfait

with Chocolate Yogurt & Raspberry Syrup

 20-30min  2 Servings

Chia seeds magically turn coconut milk, oats and honey into a thick and creamy pudding overnight in the fridge. We make a sweet and tangy chocolate yogurt with protein-packed Greek yogurt and layer it on the chia pudding. A bright raspberry syrup tops off the layered parfait, perfect for morning, noon, or night! (2-p plan serves 4; 4-p plan serves 8)

What we send

- 2 (¼ oz) chia seeds
- 3 oz oats
- 13.5 oz can coconut milk ¹⁵
- ½ oz honey
- 4 oz Greek yogurt ⁷
- ¾ oz unsweetened cocoa powder
- 3 pkts raw sugar
- ¼ oz raspberry powder
- ½ oz raspberry jam

What you need

- kosher salt
- vanilla extract

Tools

- microwave

Cooking tip

Want to see helpful cooking tips, tricks, and bonus Marley Spoon content? Follow us on Instagram @marleyspoon or TikTok @marleyspoonus for more!

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 320kcal, Fat 19g, Carbs 32g, Protein 9g



1. Make chia pudding

In a medium bowl, stir to combine **all of the chia seeds, oats, coconut milk, honey, 1/8 teaspoon salt** and **1/4 cup water**. Cover and chill in the fridge for 8 hours or overnight.



4. Finish & serve

Divide **chia oat pudding** between 4 serving glasses. Top each with a **layer of chocolate yogurt** and a **layer of raspberry syrup**. Enjoy!



2. Make chocolate yogurt

In a medium bowl, whisk together **yogurt, 2 1/2 tablespoons cocoa powder, 2 packets raw sugar, 1/2 teaspoon vanilla,** and **1 tablespoon water** until smooth.



5.

Looking for more steps?



3. Make raspberry syrup

In a small microwave-safe bowl, combine **remaining raw sugar** and **1/4 cup water**. Microwave until sugar dissolves, about 30 seconds. Whisk in **raspberry powder** and **raspberry jam** until smooth. Microwave until bubbling and slightly thickened, about 30 seconds more. Cover and chill until ready for serving.



6. ...

You won't find them here! Enjoy your Martha Stewart & Marley Spoon meal!