



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

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Allergens

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

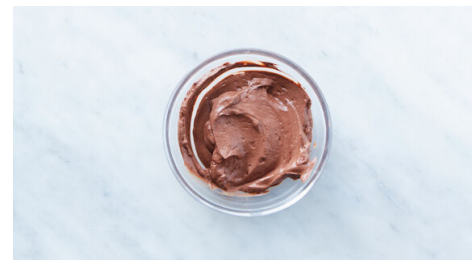
Nutrition per serving

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, ⅛ teaspoon salt** and **¼ cup water**. Cover and chill in the fridge for 8 hours or overnight.



2. Make chocolate yogurt

In a medium bowl, whisk together **yogurt, 2½ tablespoons cocoa powder, 2 packets raw sugar, ½ teaspoon vanilla**, and **1 tablespoon water** until smooth.



3. Make raspberry syrup

In a small microwave-safe bowl, combine **remaining raw sugar** and **¼ 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.



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!



5.

Looking for more steps?



6. ...

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