

Chia Pudding Parfait

Inspired by the beloved chia pudding and raspberry jam parfait at Le Pain Quotien, this nourishing version was created for The Inner Table — an intentional supper club centered around connection, conversation, and community. Packed with fiber-rich chia seeds, antioxidant-loaded strawberries, heart-healthy walnuts, and creamy coconut milk, this parfait delivers the perfect balance of comfort, texture, and anti-inflammatory nourishment in every spoonful.

INGREDIENTS

1/3 cup chia seeds
1.5 cups coconut milk, full fat
1/2 cup water
1/2 teaspoon pure vanilla extract
1/4 teaspoon cinnamon, ground
4 cups strawberries, rough chop
1 tablespoon agave syrup
1 cup walnuts, crushed
1/4 cup coconut flakes, unsweetened

STEP 1

In a medium bowl, combine chia, coconut milk, water, vanilla, and cinnamon.

STEP 2

Rough chop berries and add to bowl with agave; mix well.

STEP 3

Rough chop walnuts.

STEP 4

To assemble, layer the pudding with the berries in a parfait glass and top with walnuts and dried coconut.

SERVES

6

TIME

1 HR

SHOPPING LIST

1 bag chia seeds
2 cans coconut milk, full fat
water
1 bottle pure vanilla extract
1 jar cinnamon, ground
2 pints strawberries
1 bottle agave syrup
1 bag walnuts
1 bag coconut flakes, unsweetened

EQUIPMENT

Large bowl
Parfait glasses or similar

STORAGE

Store in air tight container in fridge for 3-5 days