



GLUTEN  
FREE



VEGAN  
SUITABLE

MAKES: 12

PREP: 60 minutes plus setting overnight

COOK: 10 minutes

# layered chia puddings

with Berry Parfait,  
Maple-Lime Syrup and  
Coconut Cinnamon Crunch

A delicious addition to dessert or breakfast menus, these pretty puddings are a delightful blend of fresh fruit and superfoods, enhanced by the flavours of Queen maple, coconut and vanilla bean.

## Ingredients

### Coconut Chia Pudding

1L light coconut milk  
300g (2 large) bananas  
120g chia seeds  
90mL Queen Pure Canadian Maple Syrup  
2 tsp Queen Natural Coconut Flavour

### Berry Parfait

690g plain coconut yoghurt  
375g raspberries  
180mL Queen Pure Canadian Maple Syrup  
150g frozen açai puree  
120g chia seeds  
3 tsp Queen Organic Vanilla Bean Paste

### Maple-Lime Syrup

400mL Queen Pure Canadian Maple Syrup  
90mL water  
30mL lime juice  
Finely grated zest of 1 lime

### Coconut-Cinnamon Crunch

100g flaked coconut  
75g shredded coconut  
60mL Queen Pure Canadian Maple Syrup  
1 tbs melted virgin coconut oil  
¼ tsp ground cinnamon  
¼ tsp sea salt flakes

### To Serve

250g strawberries, halved or quartered  
125g blueberries  
125g raspberries

## Method

RECIPE BY: Max Adey

### STEP 1

For coconut chia pudding, place coconut milk, banana, chia, maple syrup and coconut flavour in a food processor and process until smooth. Transfer to a jug. Divide among 12 x 250mL serving glasses or jars. Refrigerate for 2 hours to set.

### STEP 2

For berry parfait, place yoghurt, raspberries, maple syrup, açai, chia and vanilla bean paste in a food processor and process until smooth. Transfer to a jug and divide among glasses. Refrigerate overnight until set.

### STEP 3

For maple-lime syrup, cook maple syrup in a large frypan over medium-high heat for 4-5 minutes until caramelised. Remove from the heat and add water, lime juice and zest and stir to combine. Refrigerate until ready to serve.

### STEP 4

For coconut-cinnamon crunch, heat oven to 160°C, fan-forced. Line a large oven tray with baking paper. Place all ingredients on the tray and toss until well coated. Bake for 10 minutes until golden. Set aside to cool completely. Store in an airtight container until ready to serve.

### STEP 5

To serve, top layered chia puddings with fresh berries. Drizzle with maple-lime syrup and scatter with coconut-cinnamon crunch.

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