

# Candy Corn Chia Parfait

6 ingredients · 15 minutes · 4 servings



## Directions

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1. Steam the sweet potato for six to eight minutes until just tender. Transfer to a plate to cool down.
2. In a bowl, combine the chia seeds with 1/3 of the yogurt, maple syrup, and vanilla. Mix well and place in the refrigerator until ready to use.
3. Blend together 2/3 of the mango with half of the remaining yogurt, until smooth. Divide into small glass jars to create the bottom layer. Keep refrigerated until ready to add the next layer.
4. Blend together the cooked sweet potatoes, the remaining mango, and the remaining yogurt until smooth. Divide into the glass jars to create the middle layer.
5. Top each jar with the vanilla chia yogurt and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

### Serving Size

Small glass jars, approximately 4 oz or 118 mL in size were used to make each serving. One serving is equal to one glass jar.

### More Flavor

Use other fruits like bananas or pineapple for the bottom layer. Use carrots in place of sweet potatoes.

## Ingredients

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- 1 Sweet Potato (small, diced)
- 1 **tbps** Chia Seeds (white)
- 1 **1/2 cups** Unsweetened Coconut Yogurt (divided)
- 2 **tsps** Maple Syrup
- 1 **tsp** Vanilla Extract
- 1 **1/2 cups** Frozen Mango (slightly thawed, divided)