

Chocolate Raspberry Oatmeal Parfait



PREP TIME

20 mins

COOK TIME

10 mins



COURSE

Breakfast, Dessert, Gluten Free, Snacks



SERVINGS

7

CALORIES

525 kcal

EQUIPMENT

- Medium saucepan or microwave-safe bowl
- Stirring spoon
- 7 small mason jars or similar containers

INGREDIENTS

- 5 1/4 c old-fashioned oats
- 10 1/2 c unsweetened soy milk
- 3 1/2 tsp vanilla
- Pinch of salt
- Stevia to taste
- 7 Tbsp chocolate chips
- 7 Tbsp cocoa powder
- 14 Tbsp coconut flakes
- 3 1/2 c raspberries
- 3 1/2 Tbsp chia seeds

INSTRUCTIONS

1. Bring soymilk, vanilla, and salt to a boil. Stir in oats and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover, and let stand for 2 to 3 minutes.
2. Add stevia to taste at this stage.
3. Split the cooked oats in two while they're still hot. In one half of the oats stir in the chocolate chips and cocoa powder.
4. In the other half of the oats, stir in the coconut flakes.

5. In a medium saucepan over medium heat (or in a microwave-safe bowl), cook the raspberries and chia seeds until "melted" and are a jammy consistency.
6. Line up 7 small mason jars and layer the chocolate oats, vanilla oats, and raspberry spread to make a pretty pattern being careful to spoon it in so it doesn't smear down the sides.
7. Top with a pinch more coconut, chocolate chips, and oats. This can be served hot immediately OR stored in the fridge overnight for a thicker, creamier overnight oats!

NUTRITION

Nutrition Facts

Chocolate Raspberry Oatmeal Parfait

Amount Per Serving

Calories	525	Calories from Fat	180
% Daily Value*			
Fat	20g	31%	
Carbohydrates	69g	23%	
Protein	22g	44%	

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!