

Keto Mulled Berry Chia Parfaits

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per parfait): Total carbs: 11.9 g, Fiber: 4.1 g, **Net carbs: 7.7 g,**

Protein: 4.8 g, Fat: 23.2 g, Calories: 289 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 parfaits)

- 1 cup unsweetened [almond milk](#) (240 ml/ 8 fl oz)
- 1/2 cup [coconut milk](#) such as [Aroy-D](#) (120 ml/ 4 fl oz)
- 1/2 tsp [cinnamon](#)
- 1 heaped tbsp [almond butter](#), preferably roasted (32 g/ 1.1 oz)
- 4 tbsp [chia seeds](#) (32 g/ 1.1 oz)
- 1 cup sour cream or creme fraiche (230 g/ 8.1 oz) - see note for dairy-free alternatives
- 1 cup + 1/4 cup [Mulled Wine Berry Jam](#), divided (300 g/ 10.6 oz)

Note: Sweetener can be added to the chia layer and used to taste.

Here's a [list of suitable low-carb sweeteners](#). Sour cream can be substituted with dairy-free [coconut milk yogurt](#) or [creamed coconut milk](#).

Instructions

1. To make the chia layer, pour the almond milk and coconut milk in a blender. Add cinnamon and almond butter. Optionally, you can add low-carb sweetener to taste.
2. Blend until smooth and frothy. Pour into a bowl and add chia seeds. Mix well and let it sit for 20-30 minutes to let the chia seeds soak in the liquids.
3. Divide the chia-almond mixture between 4 jars (about 1/2 cup per parfait).
4. Add the chia jam (1/4 cup per parfait).
5. Top with sour cream (1/4 cup per parfait).
6. Finally, top with the remaining 1/4 cup of chia berry jam (a tablespoon per parfait).
7. Serve immediately, or cover with a cling film and refrigerate for up to 3 days.

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