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Overnight Chai Chia Breakfast Parfait ·*

The Overnight Chai Chia Breakfast Parfait is a vegan recipe that combines the flavors of chai tea and chia seeds to create a healthy and delicious breakfast option. The chia seeds are soaked overnight in a mixture of chai tea and plant-based milk, which allows them to plump up and become creamy. In the morning, the chia pudding is layered with fresh fruit and granola to create a satisfying and nutritious parfait. This recipe is perfect for those who are looking for a quick and easy breakfast that can be prepared in advance.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

40 g Chia Seeds

200 ml chai tea

200 ml	plant-based milk
100 g	fresh fruit (e.g., berries, banana)
20 g	Granola

Directions

Step 1

Refrigerating

In a bowl, combine the chia seeds, chai tea, and plant-based milk. Stir well to ensure the chia seeds are evenly distributed. Cover the bowl and refrigerate overnight.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In the morning, give the chia pudding a stir to break up any clumps. Divide the chia pudding into two serving glasses or bowls.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Top each serving with fresh fruit and granola.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 220 kcal

Fat: 7 g

Protein: 7 g

Carbohydrates: 31 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	31 g	56.36%	62%
Fibers	12 g	31.58%	48%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Barbecue Game Day

Course

Salads Soups Snacks Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Demographics

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Low Sodium Diet

The Fast Metabolism Diet

Meal Type

Breakfast

Brunch

Difficulty Level

Easy

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