



KIDNEY-FRIENDLY & HEART HEALTHY

Chocolate Coconut Parfaits

Makes 2 servings



DIRECTIONS

Whisk the milk, chia seeds, cocoa powder, maple syrup, and vanilla extract together in a medium bowl or small jars. Make sure to mix in any cocoa powder that sticks to the sides and bottom.

Cover the chia pudding and place it in the refrigerator. Let it chill until it thickens and becomes creamy. This takes at least 4 hours, but it's best to leave it overnight.

Before serving, stir it well and divide it into two portions. You can enjoy it with fresh coconut flakes and raspberries if you like.

Enjoy!

INGREDIENTS

- 1 cup almond milk, unsweetened**
- 2 tbsp cocoa powder, unsweetened**
- 4 tbsp chia seeds**
- 2 tbsp maple syrup**
- 1 tsp vanilla extract**
- ¼ cup shredded coconut flakes, unsweetened**
- ½ cup fresh raspberries**

Nutrition Facts Per Serving (1 serving)	Calories	267
	Carbohydrates	19 g
	Protein	6 g
	Total Fat	14 g
	Phosphorus	277 mg
	Potassium	348 mg
	Sodium	83 mg

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.

Sunny Days, 
Healthier Days.