

# ONE BITE

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# Red, white, blue 4th of July parfait

By Paroma Bhattacharya

**Time:** 25 Minutes Prep Time + 1+ Hour Chilling Time

**Serving Size:** 1 1/2 large jars (as pictured)

**Category:** Breakfast; Dessert

**Author:** Animagus Eats

## Ingredients:

### Blueberry & Butterfly Pea Flower Chia Seed Pudding

- 1 cup Coconut Milk\*
- 1 1/2 tbsp Dried Butterfly Pea Flowers (Aparajita)\*
- 1/4 cup + 1 tbsp Chia Seeds
- 1/2 tsp Vanilla Essence
- 1 tbsp Maple/Agave Syrup (to taste)
- 1/3 cup Fresh Blueberries

### Strawberry Chia Jam

- 1 cup Fresh Strawberries (chopped)
- 1 tsp Unrefined Brown Sugar (to taste)\*
- 1 tbsp Coconut Milk (optional)
- 1/2 tbsp Chia Seeds
- 1/8 tsp Lime Juice







## Banana Nut Nice Cream

- 1 cup Frozen Bananas (chopped)\*
- 1-2 tbsp Pecans/Walnuts (chopped)\*
- 2-3 tbsp Coconut Milk

## Dark Chocolate & Almond Crumb

- 3 tbsp All Purpose Flour
- 2 tbsp Unrefined Brown Sugar
- 1 tbsp Cocoa Powder
- 2 tbsp Coconut Oil/Plant Based Butter (solid/scoop-able)
- 1/4 cup Almonds (whole, with the skin)

## Method:

Blueberry & Butterfly Pea Flower Chia Seed Pudding

(5 Mins Prep Time + 1+ Hour Chilling Time)

1. Add coconut milk, vanilla essence & maple/agave syrup to a blender. Next, crumble the dried Butterfly Pea Flowers with your fingers, until they have a coarse powder like texture. Add the powdered/crumbled pea flowers to the blender & blend all the ingredients together until the mixture has a beautiful blue colour.
2. Pour the blue mixture into a bowl & add the chia seeds. Mix the ingredients well & place the bowl in the fridge for at least 1 hour (or more) in order for the pudding to set & chill.
3. Once the pudding is set, mix in the fresh blueberries & set aside (in the fridge). And voila! Your Blueberry & Butterfly Pea Flower Chia Seed Pudding is ready.

## Strawberry Chia Jam

(5 Mins Prep Time + 5 Mins Cooling Time + 30 Mins Chilling Time)

4. While the Chia Seed Pudding is setting in the fridge, let's make the Strawberry Chia Jam. Chop the strawberries into large chunks. Make sure

the chopped pieces aren't too small, because we want a nice & chunky jam.

5. Add the chopped strawberries & unrefined brown sugar to a small pan & cook the ingredients on low heat. The strawberries should start bubbling within the first 2 minutes. Add a tiny splash of lemon juice & stir/cook the ingredients until you have a chunky strawberry jam. The whole process should take a maximum of 5 minutes.

6. Take the jam off the heat & stir in the chia seeds. Let the jam cool down for 5 minutes & then mix in the Coconut Milk. If you mix the coconut milk when the jam is too hot, the milk might split & curdle. You can also skip the milk altogether. Place the jam in the fridge for about 30+ minutes so that it can set & chill and there you go! Your Strawberry Chia Jam is ready.

## Dark Chocolate & Almond Crumb

(5 Mins Prep Time + 12-13 Mins Baking Time + 10+ Mins Cooling Time)

7. While the chia seed pudding & the jam are chilling in the fridge, it's time to make the delicious Dark Chocolate & Almond Crumb. This element is extremely important because it really brings the whole Parfait together. Preheat the oven to 425F & line a baking tray with a lightly greased sheet of baking paper.

8. Add all the crumb ingredients to a bowl & mix them together with your hands. Make sure you break the butter/coconut oil (it should be solid/scoop-able but not frozen) down using your fingers, & combine all the ingredients to create a half crumbly, half buttery mixture. Transfer the crumble mixture to the baking tray & bake the crumb for about 12-13 minutes.

9. Once the crumble mixture is cooked, take it out of the oven & let it cool down for 10+ minutes. When you take it out, it will be soft & bubbly, but it will harden into a crumb texture as it cools down. Once the crumb has cooled down, break the crumb pieces into smaller chunks,

using your hands, to form a nice, crunchy & chunky crumble mixture. Set the crumble aside in an airtight container. And voila! Your Dark Chocolate & Almond Crumb is ready.

### Banana Nut Nice Cream

(2-3 Mins)

10. You should make this element last, just before the serving the parfait, so that the nice cream is light & fluffy; exactly like ice cream should be. Add the frozen bananas, coconut milk & pecans/walnuts to a blender/food processor & blend the ingredients together until you have a smooth & creamy mixture.

11. Place the nice cream in the freezer while you assemble the parfait, so that the nice cream doesn't melt or lose its frosty texture. And lo & behold! Your Banana Nut Nice Cream is ready too.

### Assembling the Parfait

12. Spoon the Blueberry & Butterfly Pea Flower Chia Seed Pudding into a large jar, forming the bottom layer of the parfait. Make sure the layer is not too thick, giving you enough space for the other layers too. Add a layer of the Dark Chocolate & Almond Crumb on top of the Chia Seed Pudding. This crumb layer will prevent the three layers from seeping into each other & will

also add a nice nutty surprise hidden between the flavours.

13. Next, add a layer of the Strawberry Chia Jam or the Banana Nut Nice Cream. I placed the Nice Cream as the second layer. Once again, top that with a layer of the Dark Chocolate & Almond Crumb.

14. Finally, add the last layer (either the jam or the nice cream) & garnish it with a generous sprinkle of the Dark Chocolate & Almond Crumb.

### Serving Suggestion

15. I recommend assembling the parfait just before you serve it, so that the colours are vibrant & the various textures shine through. However, you can also assemble the Chia Seed Pudding, Jam & Crumble layers ahead of time & chill the parfait jar in the fridge. You should make the Banana Nut Nice Cream just before you plan to serve the dish (it only takes 2 minutes!). Then, you can scoop up the nice cream as the top most layer & garnish it with the crumble. And voila! Your 4th of July Tri-Colour Vegan Breakfast Parfait – Blueberry & Butterfly Pea Flower Chia Seed Pudding, Banana Nut Nice Cream & Strawberry Chia Jam with a Dark Chocolate & Almond Crumb – is ready to be served. Happy Eating!



## About the author...

**Paroma** is the author of Animagus Eats. She is a Ph.D. Management Student & Social Entrepreneurship Researcher by day & a Vegan Food Blogger by night. Originally from the vibrant city of Mumbai, India, she now lives in London.

Animagus (or Animagi) is a magical concept from Harry Potter. Her love for animals & passion for cooking (and a devotion to Harry Potter) have come together as Animagus Eats.

[Check out her website.](#)