



Annelies Zijderveld's Matcha Chia Pudding Parfaits

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Chia seeds in liquid take on a gelatinous texture perfect for puddings, as in this parfait. Serve the parfaits in juice glasses to show off their layers.

Makes 4 servings

Matcha Green Tea Chia Pudding:

1 teaspoon matcha green tea powder

1 cup whole milk

1 cup plain whole milk yogurt

6 teaspoons maple syrup

3 tablespoons chia seeds

Parfaits:

1 fresh ripe peach, pureed or mashed

¾ cup fresh raspberries, pureed or mashed

To make the pudding: Place the matcha in a medium glass bowl. Heat the milk in a small saucepan over low heat to 175°F. Slowly pour in ¼ cup of the milk, whisking vigorously for 1 minute. When the matcha is completely dissolved, whisk in the remaining milk. Let cool 10 to 15 minutes. Whisk the yogurt into the matcha milk. Stir in the maple syrup and chia seeds. Chia seeds tend to clump so make sure they are all separately immersed. Cover and refrigerate 5 hours or overnight, until custardy.

To assemble: Layer in order 1 tablespoons peach, ½ cup chia pudding, 1 tablespoon raspberries.