[Chocolate and Cherry Chia Parfait](#)

A decadent chocolate chia pudding layered with poached cherries and cashew cream. A vegan dessert that even non-vegans will love, and dessert lovers can have for breakfast.

Ingredients

1/2 cup chia seeds

6 medjool dates, pitted

2 cups almond milk

6 tsp cocoa powder

Cashew Cream

1 tsp vanilla

1/4 cup almond milk

1/2 cup raw cashews, soaked overnight refrigerated

Poached Cherries

300 g frozen or fresh cherries, pitted

1 tbsp balsamic vinegar

1 tbsp rice malt syrup

1 orange, juiced

1 orange zest, using a peeler

Method:

1. In a saucepan over medium heat, add orange juice, orange zest, vinegar, rice malt syrup and bring to a boil. Add cherries in and turn heat down to gently poach for 5-6 minutes till cherries soften and the juice becomes syrupy. Take off heat, and cool.

2. To make the cashew cream, drain cashews and place with vanilla and almond milk in a blender and process until smooth and creamy. (Tip: You can add the water that the cashews were soaked in to the cashew mixture if it is too thick). Pour mixture into a bowl and place in the fridge until ready to use.

3. In the same blender process the dates with the almond milk, and cocoa powder until smooth. Pour mixture in a bowl and add the chia seeds. Mix well and allow the mixture to stand for 10 minutes then stir again before placing it in the fridge.

4. When ready to serve, layer the cashew cream and the chocolate chia pudding in individual serving glasses, then top with the poached cherries.