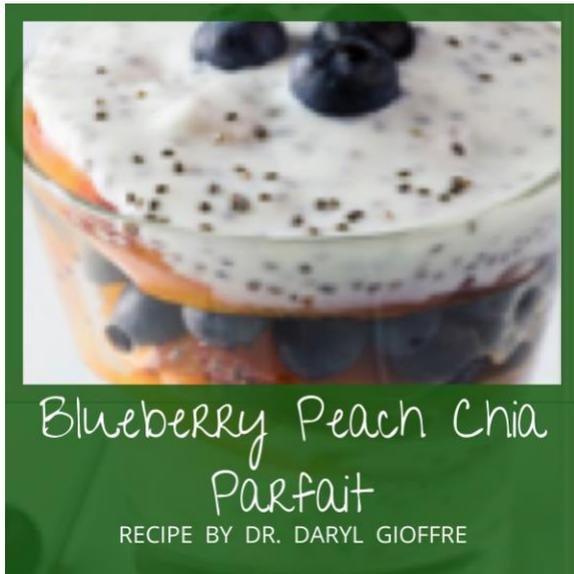


Blueberry Peach Chia Parfait Recipe by Dr. Daryl



On Thursday, I'm going to share my 15 favorite swaps to make it easy to get off your acid and stay alkaline and clean keto.

So today, I've got another swap for you. Swap out this delicious, nutritious dessert for any other late night treat, and you will be happy you did.

If you love our other chia pudding recipes, this one will be no exception. It combines fresh fruit with layers of coconut chia pudding for a flavor and texture explosion.

You can substitute fall fruits if you can't find peaches at this time of year. Pears or

persimmons would be tasty too.

Give it a try and let me know what you think over on [Facebook](#).

BLUEBERRY PEACH CHIA PARFAIT

Ingredients [Serves 4]

1 1/2 cup coconut milk, unsweetened
1/2 cup chia seeds
1 tbsp. coconut butter
1 tsp. vanilla (I prefer 4 drops Medicine Flower Vanilla)
1 cup peaches, sliced
1 cup blueberries
1/2 lemon, freshly juiced
1/2 lime, freshly juiced
4 pitted dates
Garnish with sliced almonds, chia seeds, or blueberries

Directions

In a large bowl, whisk together coconut milk, chia seeds, coconut butter, and vanilla. Continue whisking until mixture begins to thicken slightly. It will continue to thicken as it sets and the chia seeds begin to gel. Pour into 4 small mason jars or glasses. Refrigerate while making the other layers.

Puree the peaches, 2 dates, and lemon juice in a blender or food processor until

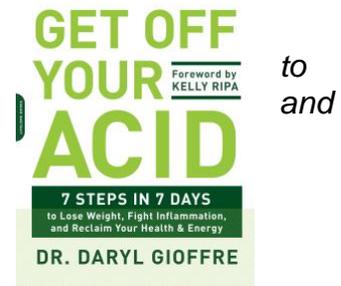


completely smooth. Spoon this mixture over the chia layer, add in half the blueberries (feel free to layer) and place back in the refrigerator.

Next, puree the rest of the blueberries and the other 2 dates until completely smooth. Spoon this mixture over the peach layer. Refrigerate for at least 30 minutes before serving. For a garnish, you can sprinkle some chopped raw almonds, chia seeds, or additional blueberries over the top of each.

Want more recipes like this one?

My best-selling book, [*Get Off Your Acid: 7 Steps in 7 Days Lose Weight, Fight Inflammation, and Reclaim Your Health Energy*](#), is full of recipes, tips, and ideas to take you from sluggish and in pain to healthy, energetic, and slim.



Kelly Ripa, who wrote the Foreword, had this to say:

“What I like most about Dr. Daryl’s method is that it’s not a ‘diet’ but more of a lifestyle change. There’s no counting calories or limiting portion sizes, only a new awareness of ‘alkaline eating.’ Once you learn the difference between alkaline and acidic ingredients, you will know what to eat and will be able to benefit from keeping this balance in your bodies.



“Whether your goal is to lose weight, sleep deeper, feel more rested, think more clearly, or boost your energy, this plan will get you there...”

GET OFF YOUR ACID!
Dr. Daryl

#getoffyouracid #alkalinerrecipes #alkamind #plantbased #nosugardessert