

Chia Seed Pudding

Serves Two



Ingredients

For the basic vanilla pudding

- 1/4 cup chia seeds
- 1 cup your milk of choice
- 1/4 teaspoon pure vanilla extract
- 1 tablespoons maple syrup or date syrup

Add-in options

- 1/4 cup toasted almonds
- 1/4 cup toasted coconut
- Pineapple with coconut would be yummy!
- Fresh berries
- 1 tablespoon jam
- 1/4 cup dried fruit of choice

For chocolate pudding

- 1/4 cup chia seeds
- 1 cup plus 1 tablespoon your milk of choice
- 1/4 teaspoon pure vanilla extract
- 2 tablespoons maple syrup or date syrup
- 2 tablespoons cocoa powder

Top it off with coconut cream and berries for a luxuriously healthy dessert!

For Basic Vanilla Pudding...

Combine chia seeds with milk, vanilla and maple (or date) syrup. Stir well. Refrigerate overnight. Stir again before serving. Other toppings can go in after chia seed pudding has set up in the fridge or you can add everything (except berries - do that right before eating) in all at once. Give everything a good stir.

For Chocolate Pudding...

Whisk together chia seeds with milk, vanilla, cocoa powder and maple (or date) syrup until there are no lumps from the cocoa powder. Refrigerate overnight. Stir again before serving. Top with coconut cream and berries for a delicious treat!

*To make this pudding smooth, blend the ingredients together before refrigerating. Then refrigerate overnight. You won't believe how creamy it will taste!