

Chia Pudding

This recipe can be enjoyed for breakfast, a snack, or dessert!

Yield: 1 serving

Ingredients:

½ cup Milk of choice
2 tablespoons Chia Seeds
½ teaspoon Vanilla Extract
1 teaspoon Honey or other sweetener (stevia, agave, etc) (optional)
½ tablespoons Unsweetened Cocoa Powder (optional)

Optional Toppings:

Fresh or Frozen Fruit
Shredded Unsweetened Coconut
Sliced Almonds

Preparation:

- 1.) Combine milk, chia seeds, vanilla extract, and honey and cocoa powder (if using) in a container with a lid.
- 2.) Stir mixture well, cover with a lid, and leave in the fridge for at least 2 hours or overnight. The mixture will be a thick, pudding-like consistency when set.
- 3.) To serve, remove from the fridge, add desired toppings, and enjoy!

Chef's Notes: Chia seeds may be an ingredient that you are unfamiliar with but they are full of protein, fiber, and healthy fats. They are a great addition to smoothies, oatmeal, and homemade granola bars.

Nutrition Facts:

Calories: 231 Saturated fat: 2.7g Carbohydrates: 25.3g Sugars: 12.3g
Total fat: 11.4g Sodium: 63.3mg Fiber: 10.6g Protein: 9.2g