

# CHIA SEED PUDDING

## Ingredients:

- *1 1/2 cups dairy-free milk (any milk alternative works but for creamier, thicker pudding, such as full fat coconut or cashew milks)*
- *1/2 cup chia seeds*
- *1-2 Tbsp maple syrup (to taste)*
- *1 tsp vanilla extract*
- *Seasonal fruit, nuts, seeds or favorite granola.*
- *Optional: spices like cinnamon or cardamine to taste, protein powder, supplements...*



## Instructions:

1. In a mason jar, combine together chia seeds, milk, maple syrup and vanilla (or spices like cinnamon or cardamine). Put the lid on the mason jar and shake the mixture to combine everything (about 15 to 30 seconds).
2. Let Chia seed pudding sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds. Put the mixture in the fridge to "set" for 1-2 hours or overnight.
3. When you are ready to eat top with Seasonal fruit, nuts, seeds or favorite granola.

Note: Chia pudding is easy to meal prep for a week's worth of breakfasts and can safely be eaten for 5 to 7 days if stored in an airtight container in the refrigerator.