



Chia Seed Pudding

Yield: 4 servings

Ingredients:

- 2 cups almond milk (or other non dairy milk: oat, coconut, soy)
- 1/2 cup chia seeds
- 1 tablespoon maple syrup
- 1 tsp vanilla

Extra Toppings-Customize with your favorites!

- unsweetened coconut
- cinnamon
- raisins
- cranberries
- fresh fruit
- Nuts or sunflower seeds
- Jam
- 1 cup frozen berries, blended
- mint

Directions:

1. In large glass bowl, add chia seeds to almond milk and whisk together. Add vanilla and maple syrup.
2. Cover and place in refrigerator. Mixture will firm up overnight.
3. Add toppings and serve.