

Chia Pudding

Chia pudding is full of nutrient dense ingredients. It is versatile and an opportunity to increase spice in your life!

Ingredients

2-4 servings

2 ½ cups unsweetened milk (dairy, almond, coconut, flax or hemp milk)

2-3 tablespoons sweetener (pure maple syrup, honey, Lakanto Monkfruit Sweetener) or blend milk with 1 banana or 2-3 dates

½ cup chia seeds

1-2 teaspoons spice (ginger, turmeric, pumpkin pie spice blend, cinnamon, cardamom)

1 ½ teaspoons vanilla extract

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2-4 servings

2 ½ cups unsweetened milk (dairy, almond, coconut, flax or hemp milk)

3 dates

½ cup chia seeds

1 teaspoon cinnamon

1 teaspoon ginger

¼ teaspoon cloves

¼ teaspoon cardamom

1 ½ teaspoons vanilla extract



Method

1. Mix milk with sweetener and spices in a glass jar or a glass storage container. If using dried fruit as the sweetener, blend the dried fruit with milk and spices until completely smooth. Canned coconut milk is the most nutrient dense option and is recommended to promote satiety until the next meal. If using another type of milk, use this pudding as a snack or accompaniment to another meal.
2. Mix in chia seeds. Stir/shake completely.
3. Let sit 15 minutes. Stir/shake again.
4. Refrigerate overnight or at least 4 hours.
5. Stir thoroughly and serve.
6. Top with banana slices, berries, shredded coconut and/or seeds.