



Chia Seed Pudding

7g protein, 6g fibre



Ingredients:

- 6 Tbsp chia seeds
- 2 cups milk or plant-based alternative
- 1-2 Tbsp maple syrup
- 1/2 tsp vanilla
- Sprinkle of cinnamon
- Optional/Topping ideas:
 - Fresh or thawed frozen berries
 - Chopped unsalted pecans or blanched slivered almonds
 - 1-2 tsp whole milled or ground flaxseed

Directions:

1. Combine chia seeds, milk, maple syrup, vanilla, and cinnamon into a container with a lid, like a mason jar.
2. Shake well to combine.
3. Wait 5-10 minutes then stir with a spoon, checking with the spoon whether there are any large clumps to break up.
4. Close lid and shake again, repeating steps 3-4 another time if needed so that the seeds are somewhat suspended in the milk. Refrigerate overnight.
5. Add optional toppings when ready to consume. Enjoy!

Makes 4 servings