

Chia Pudding

Servings: 2

Chill time: At least 2 hours, or overnight

Prep time: 5 minutes

Ingredients:

- 1/4 cup chia seeds
- 1 cup milk of choice (almond, coconut, oat, dairy-free, etc.)
- 1 tablespoons sweetener (I use maple syrup)
- 1 teaspoon vanilla extract
- Pinch of salt (optional)
- Toppings of your choice (fresh fruit, nuts)

Directions:

Step 1

Combine: In a jar or bowl, whisk together chia seeds, milk, sweetener (if using), vanilla extract (if using), and salt (if using).

Step 2

Chill: Cover and refrigerate for at least 2 hours, or overnight. Stir occasionally to prevent clumping.

Step 3

Serve: Once thickened, stir again and enjoy! Top with your favorite toppings.

Tips and Variations:

- **Flavor Variations:**
 - o **Berry Blast:** Stir in a handful of fresh or frozen berries (blueberries, raspberries, strawberries) with the milk.
 - o **Tropical Twist:** Use coconut milk and add a touch of shredded coconut and mango.
 - o **Chocolate Dream:** Add 1-2 tablespoons of cocoa powder to the milk.
 - o **Spiced Pumpkin:** Use pumpkin puree instead of milk and add pumpkin pie spice.
- **Make Ahead:** This recipe is perfect for meal prep. Make a big batch and enjoy throughout the week.
- **Thick or Thin:** Adjust the amount of milk for your desired consistency.