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Chia Seed Pudding

This easy chia seed pudding is something you can pop in your fridge and forget about until the next morning or save it for a midday snack or even dessert. This pudding is deliciously smooth with a bit of a crunch and is filled with fiber, protein, and healthy fats! You can enjoy it in your home or take it on the go with the convenience of a sealed jar.

Serves: 1

Ingredients:

- 2 T chia seeds
- ½ cup light coconut milk or milk of choice
- ½ tsp maple syrup
- dash of cinnamon
- ⅓ cup mixed berries

Optional Toppings:

- Chopped almonds or walnuts
- Granola
- Coconut flakes

Directions:

1. In an airtight container or jar, combine the chia seeds, milk, maple syrup, cinnamon and berries, and stir well.
2. Let mixture chill in the refrigerator for 2-3 hours, then stir again to loosen any clumps.
3. Chill for 8 hours or overnight and enjoy cold with any additional toppings.

Nutrition Info per serving:

Calories: 231, Saturated Fat: 5.4g, Sodium: 65mg, Added Sugars: 5, Fiber: 14g, Protein: 4.9g

Recipe adapted from:

<https://www.loveandlemons.com/chia-seed-pudding/#wprm-recipe-container-57813>