

Chia Pudding

INDIVIDUAL SERVING

- ½ cup milk (dairy or dairy-free)
- 2 tablespoons chia seeds
- 1 teaspoon maple syrup
- ½ teaspoon vanilla extract
- Optional toppings: fresh fruit, nuts and seeds.

LARGER BOWL (4 SERVINGS)

- 2 cups milk (dairy or dairy-free)
- ½ cup chia seeds
- 1 to 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- Optional toppings: fresh fruit, nuts and seeds.



INGREDIENTS

- Add the chia seeds, milk, maple syrup, and vanilla to a bowl or jar and stir together. Let sit for 10 minutes, then stir again once the seeds have started to gel
- Cover the bowl or jar and place in the refrigerator for at least one hour. Chia seeds can also be made overnight for breakfast the next morning.
- Stir the chia pudding before serving and add your favorite fruit, nuts, seeds and spices.

TIPS

- If you notice your chia seeds aren't starting to gel and thicken after 15 minutes, you may have dud chia seeds. This can happen in they've been sitting in your pantry a while. Just grab a new bag of chia seeds.
- You can always add more milk for a thinner texture, if you feel your chia pudding is a bit too thick.
- I layered my chia pudding on top of a strawberry fruit puree, which was simply fresh strawberries pureed in my food processor. That's it!



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Disclaimer: Adult supervision is recommended for the above recipe

** recipe from downshiftology.com