

Chia Pudding



Why I make this:

I love the texture of tapioca pudding, but I want the health benefits of chia! Gelatinous foods are great for our digestive tract and help us to remove toxins from the body.

Ingredients

3 tablespoons of chia seeds

1 ½ cups of almond milk (preferably homemade) or your milk of choice.

Maple syrup

Vanilla extract (optional)

Directions

Whisk chia seeds with milk of choice.

Add a drizzle of maple syrup and 1 teaspoon of vanilla (optional).

Allow to stand for a minimum of 20 minutes, but I like to make it each night, cover it, and leave in the fridge overnight to have in the fridge each day.

To serve: Either eat it as is, or in a mason jar or glass, layer chia pudding with Greek yogurt, raw or roasted nuts (see recipe for my roasted nuts) and fresh and/or dried fruit. Enjoy!