

Chia Seed Pudding

Serves 1

Ingredients:

1 cup unsweetened almond (or coconut) milk
1/4 cup chia seeds
pure vanilla extract
honey or stevia to taste
1/4 cup fruit (like raspberries, strawberries or kiwi)

Directions:

1. In a small mason jar, stir together 1 cup almond milk and 1/4 cup chia seeds. Add a splash of pure vanilla extract and a drizzle of honey and stir well until combined. Transfer to the refrigerator and let sit until chia expands, about 8 hours.

2. When ready to eat, stir well, making sure to incorporate any clumps of chia. Feel free to get creative with your toppings or work with the fruit, spices, nuts or jams you have on hand. Some good ideas include:

- Chopped pear and walnuts
- Chopped apples with cinnamon and nutmeg
- Chopped almonds, ½ banana and unsweetened cocoa