



Chia Seed Pudding

INGREDIENTS

2 TBSP chia seeds

1/2 cup unsweetened almond, coconut or cashew milk 1 TSP maple syrup

1/2 TSP vanilla extract

A few shakes of cinnamon or cardamom to taste

DIRECTIONS

Combine milk, maple syrup, vanilla and cinnamon in a bowl and whisk until combined. Add chia seeds. Whisk again. cover the bowl with a top or plastic wrap and refrigerate for an hour. Check back and stir again so the seeds don't sink to the bottom. Keep in the fridge overnight for best results. Top with berries (or topping of your choice). Makes one serving; 125 calories (without toppings).