

CLASSIC CHIA PUDDING



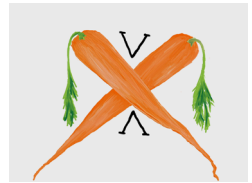
SERVES: 3-4

PREP TIME: 5 MINUTES

FRIDGE TIME: 4 HRS / OVERNIGHT

TOTAL TIME: 4 HRS + 5 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

2 cups non-dairy milk (I prefer homemade cashew* or almond)

1/2 cup chia seeds

1-2 tsp vanilla bean paste**

1-2 TBSP maple syrup (optional)

Toppings: blueberries, strawberries, banana slices, granola, chopped nuts, coconut whipped cream, etc.

METHOD

Place all ingredients in a medium bowl. Stir well so chia seeds are fully incorporated into milk.

Cover and place in the refrigerator for 4 hours or overnight. Remove and serve with desired toppings!

Enjoy!

NOTES

* [Cinnamon Toast Cashew Mylk](#)

**You can also sub 1 vanilla bean, scraped or 1/2 tsp pure vanilla extract.

NUTRITION

Serving Size: 1/2 cup (nutrition information not including toppings)

Total Calories: 137 Total Fat: 7 g

Sodium: 80 mg Potassium: 138 mg Total Carbohydrate: 11 g

Fiber: 10 g Sugar: 0 g (with no maple syrup) Protein: 6 g

Vitamin A: 5% Calcium: 39% Iron: 13% (Percent Daily Value)