



Chia Seed Pudding

PREP TIME: 5 MIN

CHILLING TIME: 2 HOURS

YIELDS: 1 SERVING

Ingredients

2 tbsp chia seeds

1/2 cup of soy milk

1 tsp of maple syrup (optional)

Fruit toppings (optional)

Directions

1. Add chia seeds, nut milk, and maple syrup into a jar and mix thoroughly.
2. Cover the jar and refrigerate for at least 2 hours. (When the chia pudding is chilled, it will thicken).

Notes

- You may use any plant-based milk and sweetener of your choice.

