



CHIA PUDDING

INGREDIENTS

- 2 tbsp chia seeds
- ½ cup nut milk

DIRECTIONS

1. Mix chia seeds and milk in a jar. Refrigerate and shake every so often for 2-3 hours until firm.
2. Add optional toppings when ready to eat.

SOME VARIATIONS

1. Slivered almonds and strawberries.
2. Dried apricots and pumpkin seeds.
3. Maple syrup and walnuts.
4. Cinnamon and blueberries.
5. Peanut butter and cacao nibs.

