

# [Non-Recipe] Recipe: Chia Seed Pudding



*Chia seeds are tiny black seeds that are packed with antioxidants, Omega-3 fatty acids, fiber, and high-quality protein. They can be found at most groceries. Look in the bulk bins for the best price. Chia seeds expand in liquid, so the consistency of chia seed pudding is like tapioca pudding.*

## 1. Make Your Base Pudding

*Mix the following ingredients together and let sit in a covered container in the refrigerator for at least 8 hours. Yields 3-4 servings.*

- ½ cup chia seeds
- 2 cups milk of choice (dairy or non-dairy)
- 1 tsp vanilla extract
- 1-2 tbsp pure maple syrup or honey (optional)

## 2. Divide and Customize!

*Divide your pudding into 3-4 individual containers and top with desired toppings. See topping ideas below. Chia pudding will keep in the fridge for 3-5 days making it ideal for grab-and-go breakfasts and snacks.*

- **Chopped/Sliced Fruit:** apples, bananas, berries, peaches, pineapple, pomegranate seeds
- **Nut Butter:** almond butter, cashew butter, peanut butter, sunflower seed butter
- **Crunchy Toppers:** cocoa nibs, chopped nuts, granola, shredded coconut

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