

Chia Seed Pudding

Servings: 2

INGREDIENTS

- 4 Tablespoons chia seeds
- 1 cup milk (any kind)
- ½ Tablespoon maple syrup, honey or sweetener of choice*
- ¼ teaspoon vanilla extract, optional

For more protein add:

- ½ cup yogurt
- 1 scoop vanilla protein powder

Toppings of choice (optional):

- fruit
- granola
- Peanut butter/ almond butter
- crushed nuts

DIRECTIONS

In a bowl or mason jar, stir together chia seeds, milk, maple syrup and vanilla, if using. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything.

Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to "set" for 1-2 hours or overnight.

The chia pudding should be nice and thick, not liquidy. If it's not thick enough, just add more chia seeds (about 1 Tablespoon), stir and refrigerate for another 30 minutes or so.

