

Chia Pudding



Serving Size: 2 (1/2 recipe)

PREP TIME



DIFFICULTY



DAIRY-FREE



GLUTEN-FREE



VEGETARIAN
& VEGAN

Preparation:

1. In a large container, mix chia seeds with almond milk and vanilla.
2. Cover and store in the refrigerator for at least 6 hours or overnight.
3. When ready to serve, top with fresh fruit.

Ingredients

- 4 tablespoons chia seeds
- 1 cup unsweetened almond milk or other dairy alternative
- 1/4 teaspoon vanilla extract
- 2 cups mixed berries

Nutrition Facts Per Serving

Calories	241
Fat	11g
Saturated Fat	1g
Cholesterol	0mg
Carbohydrate	34g
Fiber	14g
Added Sugar	0g
Protein	6g
Sodium	96mg