



Prep Time:
5 Minutes

Total Time:
5 Minutes

Serves: 4

CHIA SEED PUDDING RECIPE

Delicious and healthy chia seed pudding packed with protein, Omega-3, antioxidants and calcium that you can make in under 5 minutes.

INGREDIENTS

2 cups coconut milk (homemade or natural)
1/2 cup Chia Seeds
1/2 teaspoon vanilla extract
1/4 cup (or less) maple syrup (or sub any sweetener)
Optional: 1/4 teaspoon cinnamon powder

INSTRUCTIONS

1. For Blended/Smooth Version: Place all ingredients in blender and blend on high for 1-2 minutes until completely smooth.
2. For Whole Chia Seed Version: Blend all ingredients except chia seeds in a blender until smooth (including any added flavors, fruits or chocolate). Whisk in chia seeds.
3. Pour mixture into a jar or glass container and place in the refrigerator for at least 4 hours or overnight to let gel. Stir or whisk a few times within the first hour to help it gel evenly. I prefer to make this at night to have ready for a fast breakfast the next day. It is also great to make in the morning for a delicious pre-made dessert at night.

VARIATIONS:

1. **CHOCOLATE:** Add 1/4 cup cocoa powder to the blended version of this recipe and/or add chocolate flavored stevia
2. **STRAWBERRY:** Add 1/2 cup fresh strawberries to the blended recipe. Or, try blending fresh strawberries into a juice and use as part of the liquid in the whole chia seed recipe
3. **CHAI:** Add 1 teaspoon ground cinnamon powder and a pinch of cardamon and cloves for a chai flavor.
4. **PB&J:** Add 3 Tablespoons each of natural Peanut or Almond butter and Jelly or Jam of choice. Blend into recipe if using blended version. For whole chia seed variation, blend the peanut butter and jelly into the milk before mixing in the seeds.
5. **PECAN PIE:** Add 1/2 teaspoon of ground cinnamon powder to the base recipe and an optional 1/2 teaspoon of almond extract. Mix 1/2 cup of chopped toasted pecans into the finished pudding.
6. **MATCHA:** Add 1 tablespoon Matcha Green Tea Powder to the mix for a bright green chia pudding naturally (great idea for St. Patrick's Day!).