

CHIA SEED PUDDING

RECIPE

3/4 cup almond, skim, soy, or coconut milk

1/4 cup chia seeds

1/2 cup strawberries or other fruit

Maple syrup to drizzle

In small jar or container combine chia seeds and almond milk. Close container and shake until combined. Leave in refrigerator 2-3 hours or overnight to gelatinize. Serve with strawberries and drizzle maple syrup on top for a treat. Chia seeds are nutritionally packed powerhouses full of omega 3 fatty acids and fiber. Try this recipe to expand your chia horizon and incorporate them into your diet. Chia seed pudding is an excellent overnight grab and go breakfast with the consistency of tapioca pudding. Pair with any fruit you like!

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