

Chia Pudding

Chia is an incredible source of fiber and protein!

Make this yummy and filling pudding the night before!

Ingredients

2 cups of non-dairy milk - I use full-fat coconut milk

½ cup chia seeds

¼ cup pure maple syrup or raw honey*

1 tsp. vanilla extract

Add-ins to have on hand:

Fresh berries

Chopped roasted pecans

Flaked unsweetened coconut, (toasted tastes really good)

Instructions

1. Add all ingredients to a medium bowl.
2. Stir to blend.
3. Let sit on the counter for 15 - 30 minutes for chia to begin absorbing milk.
4. Stir, cover and place in the refrigerator overnight.
5. In the morning, your high protein, high fiber breakfast is ready.
6. Add in berries and nuts and enjoy!

*Yes, this recipe calls for maple syrup, which will count as a portion of your sugar grams.