

## INGREDIENTS

- 6 tbsp chia seeds
- 2 tbsp agave syrup (or sweetener of choice)
- 2 tsp vanilla
- 1.5 cup plant based milk of choice (soy, almond, coconut)

## INSTRUCTIONS

1. Mix all the ingredients together in a small bowl. Leave on the counter at room temperature to thicken, about 15 minutes.
2. Once thick, stir together again and add a splash of extra milk if needed.
3. Stir in your favorite toppings/flavors or layer them in a glass. Enjoy!
4. How to flavor:
  - a. nut butter: can be used as a topping, stirred into the mix, or layered. raw almond butter, raw cashew butter, and also peanut butter are a few options
  - b. chocolate: stir some raw cacao powder
  - c. fruit: adding fruit creates more sweetness and nutrients. berries, banana, apples, pears, peaches, anything!
  - d. spices: go light on these but a few options are cinnamon, nutmeg, ginger, vanilla, cardamom, etc.
  - e. nuts / seeds: add a kick of extra protein, iron and fiber by adding in nuts and seeds! almonds, pumpkin seeds, macadamia, pecans, pistachios, ground flax seeds are all options!



# Chia Pudding



2 servings



5 minutes



15 minutes

Chia pudding is high in protein, full of omega-3s, packed with fiber and helps keep you full and satisfied. It's also meal-prep friendly so it's easy to whip this up the evening before and throw it in the fridge for quick access the next day.

Chia pudding on its own is fairly bland so it makes a great base to add other flavors in. Get creative with flavors and make your own fabulous pudding! Here's a few flavor suggestions: dark chocolate raspberry, coconut lemon cashew, banana cinnamon, salted caramel pecan, pumpkin spice,

## Notes

Great to meal prep and whip these up the evening before you eat them, throw it in the fridge, and have a simple quick breakfast!