



### ***Customizable Chia Seed Pudding***

The great thing about chia pudding – besides the health benefits and taste- is how flexible and easy it is. The following recipe is more of a guideline for the ratios that you will want to use to create a delicious breakfast or sweet treat. Chia seeds provide a lot of nutrients – including omega-3s, fiber and calcium. They give a gelatin-like texture to creamy nut milks to create a pudding that you can enjoy any time of the day!

- 1 ½ cups milk of choice (coconut, almond, etc..)
- ½ cup chia seeds
- 1 tbsp maple syrup, honey or your sweetener of choice (use more or less to taste)
- 1 small pinch of salt

Mix all ingredients together and let sit in the refrigerator for at least 6 hours. Feel free to add whatever flavoring agents you prefer. Fresh fruit, vanilla extract, a spoonful of jam or cocoa powder are all great options!

Here are a few combinations to try:

- A handful of diced strawberries and 1 tsp cocoa powder
- 1 sliced banana and a tbsp of almond butter
- 1 tsp vanilla extract and ¼ cup blueberries
- ½ cup mixed berries and a few leaves of sliced mint

