



# Chia Seed Pudding

*You will need:*

1/2 c non-dairy milk.

(I use 1/4 c. unsweetened vanilla pea milk b/c it has protein and  
1/2 c coconut milk for the sweetness)

2-3 T chia seeds.

Fresh Fruit

Directions: Put milk and chia seeds in an air-tight container and let sit in fridge overnight.

Tip: Stir before you go to bed. I didn't do this when I started making it and the bottom would be thick but the top would be watery. Stirring or lightly swirling the container will mix it up so you have a better consistency in the morning.

In the morning, top with your favorite fruit and some nuts/seeds.

My favorites are berries or mango and pepitas.

If you need to sweeten it, drizzle a little honey or maple syrup.

Enjoy!