

Chia Seed Pudding Two Ways



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Recipe by: Laura Vitale

Each pudding serves 2

Prep Time: 10 minutes

Cook Time: minutes

Ingredients

For The Coconut Vanilla:

- __ 1-1/2 cup of Coconut Milk or, your favorite milk plus ? tsp of Coconut Extract
- __ 2 Tbsp of Maple Syrup
- __ 1/2 tsp of Vanilla Bean Paste
- __ 1/4 cup of Chia Seeds
- __

For the PB and Chocolate:

- __ 1-1/2 cups of Unsweetened Almond Milk
- __ 3 Tbsp of Maple Syrup
- __ 2 Tbsp of Peanut Butter
- __ 2 Tbsp of Cocoa Powder
- __ 3 Tbsp of Chia Seeds

1) For each one, simply mixed the ingredients together well, pour into mason jars or glasses and set them in the fridge for at least a couple hours until set.

2) Top with some fresh fruit and enjoy!

