

CHIA SEED PUDDING



NUTRITION FACTS:

Serving Size: 1
Calories: 129 cal
protein: 4.9g
dietary fiber: 6.0g
carbohydrates: 5.85g
cholesterol: 3.75mg
total fat: 8.75g

BENEFITS:

Loaded with fiber, protein and Omega-3 fatty acids, chia seeds are tiny but mighty. They take on the most deliciously creamy texture in this pudding. Reminiscent of rice pudding but without all the carbs.



INGREDIENTS:

- 2.5 Tablespoons Whole Chia Seeds
- 1 Cup Unsweetened Almond Milk/Low-Fat Milk/Coconut Milk/Soy Milk
- 1/4 Teaspoon Vanilla Extract
- Sugar substitute if wanted (Stevia)

PROCEDURE:

1. Add ingredients to 1 cup volume airtight container.
2. Put lid on & shake. Make sure there are no clumps.
3. Refrigerate overnight or at least 3 hours.
4. Can top with strawberries, or blueberries.

