

CHIA PUDDING

vegan, gluten free

Ingredients

pudding

- 1/3 cup chia seeds
- 1 cup liquid
 - Plant based milk
 - Fruit juice
 - Coconut milk

Topping or Ad-ins

- Cinnamon
- Honey or syrup
- Raisins
- Dried fruit
- Fresh fruit, *chopped small*
- Dried coconut
- Nuts

Instructions

1. In a mason jar, combine chia seeds and liquid. Stir to combine. Let sit for at least 30 minutes for pudding to form.

NOTES

- Add dried fruit at the beginning for it to soak up the liquid and become soft.
- Add nuts as a topping so they don't get soggy.
- Flavor suggestions
 - Pumpkin spice = cinnamon + nutmeg + raisins
 - Orange creamsicle = 3 part OJ + 1 part milk
 - Tropical = OJ + diced pineapple + coconut flakes
 - Very berry = apple juice + fresh berries

