

Chia Seed Pudding Recipe

Ingredients:

- 2 tablespoons chia seeds
- 1 cup milk of choice (e.g., almond milk)
- 1/4 teaspoon cinnamon powder
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon maple syrup
- Optional: Fruits or nuts for topping (e.g., raspberries)

Instructions:

1. In a jar, combine the chia seeds, milk, cinnamon powder, vanilla extract, and maple syrup. Stir the mixture well to combine.
2. Place the jar in the fridge and let it sit for 1 to 2 hours.
3. After the initial chilling period, remove the jar from the fridge and stir vigorously to prevent lumps from forming in the pudding.
4. Return the jar to the fridge and chill for at least 4 hours, or overnight, until the pudding has thickened.
5. Once the pudding has set, top with your favorite fruits or nuts, such as raspberries, melon, banana, pineapple, or apple. Enjoy!

Nutritional Breakdown (Per Serving – 1 Jar):

- **Calories:** 165 kcal
- **Carbohydrates:** 14 g
- **Protein:** 4 g
- **Fat:** 9 g
- **Fiber:** 10 g
- **Sugar:** 4 g
- **Calcium:** 320 mg (from almond milk)
- **Iron:** 1.7 mg
- **Omega-3 Fatty Acids:** 4.5 g