



CHIA SEED PUDDING

Yields 3-4 servings

Ingredients

- ½ cup chia seeds
- 2 cups almond milk
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- Dash salt
- Dash cinnamon
- Blueberries (for topping)

Directions

1. Mix all ingredients, except the blueberries, together until combined.
2. Refrigerate for a minimum of 2 hours.
3. Transfer to dishes, top with blueberries and serve.

Tips:

- Chia seeds are a great source of omega 3 fatty acids, antioxidants and fiber.
- Omega 3s promote heart health, help reduce inflammation and are linked with lower risk of depression
- Antioxidants keep us healthy and may even help improve our mood
- Fiber is great for heart health and gut health. Lots of new studies link good gut health to better cognition!

This dessert recipe is not part of a healthy plate and should be enjoyed in moderation!



Nutrition Facts	
Serving Size: (0.0g)	
Servings Per Container: 4	
Amount Per Serving	
Calories 170	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 9g	36%
Sugars 8g	
Protein 4g	
Vitamin A 6%	Vitamin C 0%
Calcium 25%	Iron 10%
Magnesium 20%	Zinc 8%
* Percent Daily Values are based on a 2,000 calorie diet.	

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