



Chia Seed Berry Pudding

Instructions

Serves: 1

1. Stir chia seeds, flax seeds, 'milk,' maple syrup, and vanilla extract in container.
2. After 5-10 minutes, stir again.
3. Refrigerate for 2 hours, or overnight.
4. When ready to eat, top with your berries/fruit and nuts or seeds and enjoy.

Ingredients

3 Tablespoon chia seeds (white, black, or both)

1/2 Tablespoon ground flax seeds

1 cup 'milk' such as unsweetened oat milk or almond milk

1/2 Tablespoon maple syrup or agave syrup

1/2 teaspoon vanilla extract

Toppings of choice (such as fresh or frozen berries--or any fruit of your choice, pumpkin seeds, walnuts).