

Chia Pudding

Serves 2



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 cup milk alternative or milk
- ¼ cup chia seeds
- 1 teaspoon sugar
- 2 teaspoons vanilla extract (optional)

Directions

1. Combine milk, chia seeds, and sugar in a jar. Seal the jar and shake it well. Refrigerate for 10 minutes, give it another shake to break up any large clumps, and refrigerate overnight.
2. Add desired toppings and serve.

Notes

Using milk rather than a milk alternative would make this recipe not vegan nor dairy-free.

Topping ideas: fresh fruit, nuts, nut butter, fruit compote, or [berry chia jam](#).

Recipe from [Eat Well to Energize cooking class, Spring 2018](#)