Chia Seed Pudding

Ingredients
- ½ C yogurt, whole or 2%
- ½ C almond, rice or soy milk
- 1-2 tbs honey or maple syrup
- pinch of salt
- 3 tbs chia seeds
- Optional: ⅛ tsp cinnamon
- Toppings: sliced banana, toasted almond, and/or toasted coconut

Directions
1) Whisk together the yogurt, milk, sweetener, cinnamon and salt.
2) Whisk in the chia seeds. Pour into a jar. Let sit for 4 to 6 hours or overnight in the refrigerator.
3) Top pudding with sliced banana, toasted almonds or coconut.

Notes: This is a flexible recipe. Substitute your favorite milk, spice or fruit topping. Make a large batch and enjoy it as a snack or dessert throughout the week!

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