

# 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: ¼ tsp cinnamon*
  
- Toppings: sliced banana, toasted almond, and/or toasted coconut



This easy pudding is full of healthy fiber!

## 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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