

Breakfast

Chia Pudding

15 Mins
Prep Time

0 Mins
Cook Time

2
Servings

271 Calories **16g** Fat **26g** Carbs **10g** Protein



Ingredients

2 Servings **15 Mins** Total Time **Allergens: Nuts**

6–8 Tbsp Chia Seeds

2 Cups Almond Milk

1 Tbsp Maple Syrup or Honey

1 Tsp Vanilla Extract

Optional Toppings

Fresh Fruit

Granola

Nut Butter (like peanut butter)

Allergen Swap

Nuts Replace the almond milk with cow's milk, soy milk or another nut-free milk.

Nourishment Note



Chia Seeds

Small-in-size but packed with nutrients, chia seeds are loaded with fiber, protein, and omega-3 fatty acids. Fiber helps to maintain a healthy gut, protein provides the building blocks to make new and healthy cells, and omega-3 fatty acids help to lower the risk of heart disease.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Mix Ingredients

Mix all ingredients in a bowl.

3. Refrigerate

Refrigerate for 1-2 hours to set. Keeps well in the refrigerator for up to 7 days.

4. Top and Serve

Serve with yummy toppings!

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from [Eating Bird Food](#)

What You'll Need



Measuring Spoons



Measuring Cup



Bowl with Lid



Mixing Spoon

Breathe Better Food Tip

- Avoid topping with fruit that may contain salicylates, like blueberries, raspberries and strawberries