

RECIPE

Chia Pudding



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Grace Functional Nutrition

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Ingredients

- ¼ cup chia seeds
- 1 cup nut or oat milk
- ¼ tsp vanilla extract
- ½ Tbs maple syrup (optional)
- Optional toppings: cinnamon, nut butter, dried coconut flakes, nuts, fruit - get creative!

Preparation

1. Combine chia seeds, milk, vanilla, and optional maple syrup in a jar and thoroughly stir so there are no clumps and the chia is fully submerged in the milk.
2. Cover and put in the fridge to thicken for at least 4 hours.
3. Remove from the fridge, and top with desired toppings.