



CHIA SEED PUDDING

Preparation: **5** minutes | Cooking: **2** hours or overnight | Servings: **1**

INGREDIENTS

2 tablespoon chia seeds
1/2 cup almond milk or milk of choice
1 teaspoon honey or sweetener of choice
Strawberries or other fruit for topping



INSTRUCTIONS

Pour ingredients into a jar and mix well. Let settle for 2 to 3 minutes and then mix again very well until there is no clumping. Cover the jar and store in the refrigerator overnight or for at least 2 hours. When you are ready to eat it, top with your favorite fruit and enjoy! Your pudding will keep for up to a week in the refrigerator.