



Simple | Healthy | Delicious

Vanilla-Almond Chia Breakfast Pudding

INGREDIENTS

2 cups unsweetened almond milk,
1/2 cup Nature's Earthly Choice chia seeds
1/2 teaspoon vanilla extract
1-2 tablespoons pure maple syrup or raw honey
Seasonal fruit for topping (blueberries, peaches, figs and plums)
Almonds or other nuts for topping



DIRECTIONS:

1. Combine almond milk, chia seeds, vanilla and sweetener in a bowl. Mix well until combined and the mixture begins to thicken. Store covered in the refrigerator overnight or for at least an hour.
2. Stir well before serving and add a bit of water to the pudding if it becomes too thick. Top with fresh fruit and nuts of your choice.

Note: This recipe makes enough for two large servings, but feels free to double the recipe and keep it in your refrigerator so that you have breakfast for a few days in a row. It will keep refrigerated for up to 5 days.