



STRAWBERRY CHIA SEED PUDDING

Yields: 2 servings

INGREDIENTS

- 1 cup of milk or non-dairy milk of choice (unsweetened)
- 1/4 cup chia seeds
- 1 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/2 cup strawberries + additional for garnish
- Optional; swirl of strawberry preserves

DIRECTIONS

1. Recipe as written will yield two servings: either prepare pudding in a large bowl or divide between two serving bowls. Ensure the bowl has a lid - suggest using tupperware containers or mason jars.
2. Mix together milk, chia seeds, vanilla, and cinnamon until well combined.
3. Stir in strawberries and small spoon of strawberry preserves, if using.
4. Refrigerate for at least 2 hours or overnight.
5. When ready to eat, top with more strawberries as desired and enjoy.

Notes

- 1 serving of chia seeds (two tablespoons) provides 10 grams of fiber. Fiber can help facilitate digestion and bowel regularity.
- Additional topping ideas: slivered almonds, creamy peanut butter, or unsweetened coconut flakes.
- If desiring a warm breakfast, try microwaving the chia seed pudding for about a minute before eating!