

Chia Seed Pudding

Ingredients

- 2 Tbsp Chia Seeds
- 1/2 cup milk (or alternative non-dairy)
- 1 tsp honey
- 1/2 vanilla

Optional Toppings:

- sliced fruit, nuts, shredded coconut, chocolate chips

Variations: mix ONE of the following into the original recipe

- 1 tsp cocoa powder
- 1 tsp Macha tea powder
- 1 Tbsp protein powder



Directions

1. Mix Chia seeds, milk, honey, and vanilla into a jar or bowl (Variation Options: include additional ingredient)
2. Let stand for 10 minutes, then mix again
3. Cover and refrigerate for at least 2 hours or overnight for a quick breakfast.
4. Top with toppings of choice