

Chia Pudding

Yield: 3 Servings



Ingredients:

- | | | |
|------------------------|-------|----------|
| • Whole milk | 1 cup | (250mL) |
| • Chia seeds | ¼ cup | (60 mL) |
| • Vanilla extract | ½ tsp | (2.5 mL) |
| • Honey or maple syrup | 2 tsp | (10 mL) |

Optional Toppings

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|-----------------|-------|----------|
| • Berries | 1 cup | (250 mL) |
| • Nuts or seeds | ¼ cup | (60 mL) |

Instructions

1. Add whole milk, chia seeds, vanilla extract, and honey to a jar or airtight container with a lid.
2. Stir, or seal the lid and shake, to combine.
3. Refrigerate the pudding overnight to set.
4. Serve in dessert bowls and top with toppings of choice.

Recipe Source: Adapted from <https://chocolatecoveredkatie.com/chia-pudding/>



Equipment List:

- Mason jar or airtight container with lid
- Set of measuring cups
- Set of measuring spoons
- Liquid measuring cup
- Spoon
- Spatula
- Small bowls or cups for serving

Nutrition Facts

Per ½ cup

Calories 160	% Daily Value*
Fat 9 g	12 %
Saturated 2 g	0 %
+Trans 0 g	
Carbohydrate 17 g	
Fibre 9 g	32 %
Sugars 8 g	16 %
Protein 7 g	
Cholesterol 10 mg	
Sodium 95 mg	4%
Potassium 126 mg	2 %
Calcium 202 mg	15 %
Iron 1 mg	6 %

*5% or less is a little, 15% or more is a lot

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