

Chia Pudding



Time: 65 minutes (5-10 minutes prep, 1 hour to set and thicken)

Serves: 2

Ingredients: 6 tablespoons chia seeds
2 cups unsweetened coconut, almond, hazelnut, or cashew milk
½ teaspoon vanilla extract
1 tablespoon honey
½ teaspoon cinnamon
½ teaspoon cardamom

Topping Blueberries, strawberries, blackberries, or raspberries

Ingredients: Almonds, walnuts, or cashews

Directions:

1. In a bowl mix together chia seeds, milk, vanilla extract, honey, cinnamon, and cardamom. Stir until well combined.
2. Pour into mason jar or other dessert dish and place in the refrigerator for 1-2 hours or overnight.
3. When ready to serve, top with berries or nuts.