

# Chia Pudding

JANUARY 30, 2024



## INGREDIENTS

- 1 cup almond milk or milk of your choice
- 1/4 cup chia seeds
- 1 tbsp. pure maple syrup, honey, or agave nectar
- 1 tsp. pure vanilla extract (optional)
- Pinch of kosher salt
- Sliced fruit, granola, jam, and/or nuts, for serving

## METHOD

1. In a medium bowl, whisk together milk, chia seeds, maple syrup, vanilla (if using), and salt.
2. Cover the bowl and refrigerate the mixture until thickened, for at least 2 hours or overnight.
3. Serve the chia pudding with your choice of mix-ins and toppings.