

# CHIA PUDDING SUPER SNACK

Recipe by Living Balanced Nutrition

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Yield: about 2 servings

Prep Time: 5 minutes

Sitting Time: 1 hour to overnight

Storage: refrigerate up to 5 days

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## Ingredients

1/4 cup chia seeds

1 1/2 cups milk of choice

1/2 tablespoon maple syrup, or to taste

1 - 1 1/2 teaspoons vanilla extract

Pinch of salt

*Toppings for bone health:* chopped figs, chopped prunes, berries, kiwi, nuts

## Directions

1. Place all ingredients except for toppings into a mason jar or bowl. Shake or stir to mix well.
2. Let the mixture sit for at least 1 hour in order for it to start thickening. Best results when the mixture is allowed to sit for longer, up to overnight.
3. To help prevent clumping, shake the jar or store the contents of the bowl a couple of times as it is sitting.
4. When ready to serve, add your favorite toppings. Enjoy!

