

Chia Pudding

Creamy, thick chia pudding that is easy to make, nutritious, and so delicious! Just 4 ingredients required for this tasty breakfast, snack, or dessert!

Prep Time: 5 minutes
Total Time: 6 hours 5 minutes
Servings: 1/2-cup servings
Freezer: No
Storage: 5 Days
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Ingredients:

Chia Pudding

- 1 ½ cups dairy-free milk_(we used DIY coconut - use creamier milks for creamier, thicker pudding, such as full fat coconut and cashew)
- ½ cup chia seeds
- 1-2 Tbsp maple syrup (more or less to taste)
- 1 tsp vanilla extract

For Serving (optional)

- Strawberries
- Blueberries
- Pomegranates
- Apricots
- Candied ginger
- Coconut flakes
- Almonds, Cashews, Walnuts, Nuts, chopped
- Pepitas, Sunflower Seeds

Instructions:

1. To a mixing bowl add dairy free milk, chia seeds, maple syrup (to taste), and vanilla. Whisk to combine.
2. Cover and refrigerate overnight (or at least 6 hours). The chia pudding should be thick and creamy. If not, add more chia seeds, stir, and refrigerate for another hour or so.
3. Enjoy as is, or layer with compote or fresh fruit! Will keep covered in the refrigerator up to 5 days.