

# Chia Seed Breakfast Pudding

## Instructions

1. Pour all of the ingredients into a jar and mix well. Let sit for 2–3 minutes, then mix again until everything is smooth and incorporated.
2. Cover the jar and store in the fridge for at least two hours.
3. When you're ready to eat, add your favorite fruit on top and enjoy!

NOTE: Chia seed pudding can be stored for up to one week in the refrigerator in a Mason jar or Tupperware container.

## Ingredients

- 2 tbsp chia seeds
- ½ cup unsweetened almond milk (or milk of choice like coconut milk)
- 1 tsp maple syrup or sweetener of choice
- Optional: 2 tbsp nut butter
- Topping: strawberries, blueberries, blackberries, raspberries, mango, or your favorite fruit

## Grocery List

### Pantry Items

- Chia seeds
- Maple syrup or sweetener of choice
- Optional: nut butter

### Dairy

- Almond milk or milk of choice

### Produce

- Fruit of choice

*Recipe adapted from Feel Good Foodie.*