

Vanilla-Almond Chia Breakfast Pudding

simple
healthy
delicious

Ingredients

- 2 cups unsweetened almond milk
- ½ cup Nature's Earthly Choice™ Chia Seeds
- ½ teaspoon vanilla extract
- 1-2 tablespoons pure maple syrup or raw honey
- Seasonal fruit for topping (blueberries, peaches, figs and plums)
- Almonds or other nuts for topping

Directions

1. Combine almond milk, Chia Seeds, vanilla and sweetener in a bowl. Mix well until combined and the mixture begins to thicken. Store covered in the refrigerator overnight or for at least an hour.
2. Stir well before serving and add a bit of water to the pudding if it becomes too thick. Top with fresh fruit and nuts of your choice.

Note: This recipe makes enough for two large servings, but feel free to double the recipe and keep it in your refrigerator so that you have breakfast for a few days in a row. It will keep refrigerated for up to 5 days.

