

# Chia Breakfast Pudding with Cinnamon and Almond Milk

*Serves: 4 – 1/2 cup servings*

## Ingredients

- 2 cups unsweetened almond milk
- 1/2 cup chia seeds
- 1 tbsp cinnamon
- 1/2 tsp vanilla extract
- 1 tsp maple syrup (optional)

## Instructions

1. Combine almond milk, cinnamon, vanilla and maple syrup in a mason jar.
2. Add chia seeds and shake vigorously. You don't want the seeds clumping together.
3. Refrigerate at least 3 hours or overnight.

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