

Matcha Powered Chia Seed Pudding

4 – 1/2 cup servings

Ingredients

2 cups unsweetened almond milk

1/2 cup chia seeds

1 Tbs. Matcha powder

1/2 tsp vanilla extract

1 tsp maple syrup(optional)

Instructions

1. Combine almond milk, matcha powder, vanilla and maple syrup in a mason jar. If you have a blender bottle add the blender ball to the Mason jar with the other ingredients.
2. Add chia seeds and shake vigorously. You don't want the seeds clumping together, the blender ball will help with this.
3. Refrigerate at least 3 hours or overnight.

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