

Simple Chia Pudding 3 Ways

Makes 4 servings

Ingredients

2 cups unsweetened nut milk; or 1 cup unsweetened nut milk and 1 cup unsweetened coconut milk

1/2 cup chia seeds

1 teaspoon vanilla extract

1 tablespoon pure maple syrup

Optional: 1 tablespoon cocoa powder or matcha powder.

If you prefer a looser pudding be sure to add an additional 1/4 cup of liquid with the matcha and cocoa powder.

Toppings: Chopped nuts, sliced fruits, pomegranate seeds, berries and spice boosts like cinnamon, nutmeg and ginger.

Instructions

1. Combine first four ingredients in a quart mason jar or mixing bowl.
2. If using a mason jar, add blender ball and shake vigorously, rest and repeat. If using a bowl, whisk vigorously, rest and repeat.
3. Refrigerate overnight.
4. Serve topped with nuts, berries and spices.

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