

# Chia Seed Pudding

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## INGREDIENTS

- 1 can unsweetened coconut milk (or 1  $\frac{3}{4}$  cups of almond milk)
- $\frac{1}{2}$  cup chia seeds
- 1-2 tbsp of honey (or maple syrup)
- 1  $\frac{1}{2}$  tsp vanilla extract
- Optional toppings: Berries, chopped walnuts, cacao nibs, or extra honey

Serves 4-6

## PREP

Mix the coconut milk, honey, and vanilla in a mixing bowl, then add the chia seeds. Mix until evenly distributed, then place in a tightly sealed container in the refrigerator for 4 hours or overnight. I like to stir it again after an hour to ensure the chia seeds don't clump up. Serve with optional toppings or eat as is for a delicious breakfast, snack, or dessert.

