



Chia Pudding Mix & Match

Ingredients (serves 1):

1 cup of non dairy milk such as coconut, almond, macadamia or hemp milk
3 tablespoons of chia seeds

Optional add ins:

1/4 teaspoon maple syrup
1/2 teaspoon vanilla extract
1/4 teaspoon cinnamon
1 serving collagen powder (10grams typically)
1 serving protein powder

Toppings can be added as desired:

- Slithered almonds or almond butter spread
- Shredded coconut or coconut flakes
- Fruit such as blueberries, cherries, kiwifruit, banana, pomegranate seeds or mangoes
- Stewed fruit such as apples or pears
- Cacao nibs (if you like the taste of dark, dark chocolate)
- Seeds such as sunflower or hemp seeds

Mix together the milk and chia seeds. The mixture will be very runny at this stage, but don't worry, the chia seeds will swell and thicken the liquid. Add any of the optional add ins at this stage, then place the mix in the fridge for at least an hour or overnight. Add any desired toppings when ready to eat. Enjoy.