



## **Strawberry Chia Dessert**

Serves 3-4

### Gather These Ingredients

½ cup chia seeds  
2 cups vanilla almond milk  
2-3 cups fresh strawberries  
1 tbsp maple syrup or honey  
Cinnamon

### Put It All Together

1. Soak chia seeds in non-dairy milk in a bowl for at least one hour in fridge. (It can even be soaked overnight.)
2. You will know the seeds and milk are ready when it has a thicker tapioca-like consistency.
3. Mix maple syrup into the soaked chia seed mixture
4. Muddle the strawberries at the bottom of each dessert serving bowl
5. Scoop chia seed mixture on top of the muddled strawberries
6. Add a very light sprinkle of cinnamon on top.

You're going to love it!