

6 CHIA PUDDING RECIPES

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VANILLA CHIA PUDDING

1/2 cup milk
2 Tbsp chia seeds
2 tsp honey or real maple syrup
1/2 tsp vanilla extract

BLUEBERRY CHIA PUDDING

1/2 cup milk
1/2 cup blueberries (fresh or frozen)
2 Tbsp chia seeds
2 tsp honey or real maple syrup
1/2 tsp vanilla

CHOCOLATE CHIA PUDDING

1/2 cup milk
2 Tbsp chia seeds
1 Tbsp cocoa powder
2 tsp honey or real maple syrup
1/2 tsp vanilla extract

STRAWBERRIES AND CREAM

1 cup milk
1/2 cup strawberries (fresh or frozen)
2 Tbsp chia seeds
2 tsp honey or real maple syrup
1/2 tsp vanilla extract

PEANUT BUTTER AND JELLY

1/2 cup milk
1/4 cup strawberry jam
2 Tbsp chia seeds
2 Tbsp nut butter (or seed butter)
2 tsp honey or real maple syrup
1/2 tsp vanilla extract

BANANA SPLIT

1/2 cup milk
1/2 banana mashed
1/2 banana sliced
2 Tbsp chia seeds
2 tsp honey or real maple syrup
1/2 tsp vanilla extract

VANILLA & CHOCOLATE:

- Add all ingredients to a bowl and stir with a whisk. Pour into a mason jar and chill in the fridge overnight. Then, add your favorite toppings in the morning before you eat.

PEANUT BUTTER AND JELLY:

- Mix all ingredients except strawberry jam together in a bowl. Pour into jar and let sit overnight. Top with strawberry jam just before serving.

BLUEBERRY:

- Add the milk and blueberries to a blender and blend until smooth. Pour it into a bowl along with other ingredients and stir with a whisk. Pour into a mason jar and let sit in the fridge overnight. Then, add your favorite toppings in the morning before you eat.

STRAWBERRIES AND CREAM:

- **Make the bottom layer:** Add the strawberries and 1/2 cup milk to a blender. Pour the mixture into a small bowl along with 1 tsp of chia seeds. Pour into the mason jar and let sit for at least 30 minutes in the fridge before adding the next layer.
- **Make the chia pudding:** Combine other 1/2 cup milk and rest of ingredients in a bowl. Pour into the mason jar and let sit in the fridge overnight. Then, add your favorite toppings in the morning before you eat.

BANANA SPLIT:

- Add all ingredients except banana slices to a bowl and mix together. Pour into the mason jar and let sit in the fridge overnight. Then, add banana slices in the morning before you eat.
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PREP INGREDIENTS THE NIGHT BEFORE

- Chia puddings are really easy to assemble. But you want to give the chia seeds some time to fully soak up the milk, and the best time to do that is the night before.

MY FAVORITE TIP

- Make a big batch of chia pudding on Sunday night and divide it into 5 mason jars for the week

A LITTLE GOES A LONG WAY

- No need to eat a big amount. A small serving of chia pudding will fill you up! They're full of healthy fiber which will help with your digestion and make you feel fuller longer.

FOR MAXIMUM FRESHNESS

- If you're making chia puddings in advance, save the toppings until the day you're ready to eat. This will prevent soggy fruit on top, which isn't that fun.

ADD YOUR FAVORITE TOPPINGS

- Some toppings I recommend trying are berries, bananas, apples, oranges, nuts, hemp seeds, sunflower seeds, pumpkin seeds, sunbutter / nut butter, shredded coconut, raisins, and anything else you feel like experimenting with.

WHEN YOU'RE READY TO EAT, STIR AND ENJOY

- these are pretty straightforward to eat. Take a spoon and stir them up - then take a bite. They're wonderfully satisfying and delicious. Chia pudding is usually eaten cold, so keep it in the fridge until you're ready to eat.

MAKE THEM TO YOUR OWN TASTES

- Once you try out a few chia pudding recipes and learn what you like, start playing around with different combinations. You can try different fruits, nuts or seeds, and don't be afraid to swap any ingredients out.