

Cherry Berry CHIA PUDDING



Quick and easy to prepare the night before, this will quickly become a breakfast staple. Chia seeds are a good source of healthy omega-3 fatty acids, and when combined with vitamin and mineral-rich plant-based milk and antioxidant-dense fruit, make this a healthy and delicious breakfast choice. For a creamier texture, use milk with higher protein, such as soy, cashew, or coconut milk.

Topping choices are endless; select fresh or frozen berries: tart cherries, blackberries, blueberries, or raspberries. Add a little crunch with chopped nuts, granola, or coconut flakes. For those who like sweetness, drizzle your toppings with Maple syrup for a jarful of healthy goodness.

INGREDIENTS

2 cups/500 ml plant-based milk
6 tbsp/90 ml chia seeds
1 tbsp/15 ml maple syrup
1 tsp/5 ml vanilla bean paste
¼ tsp/1 ml cinnamon
Pinch of sea salt

Optional: add a few 'fresh' berries to each jar. If you add frozen berries to the mixture, I recommend adding an extra tbsp of chia seeds when preparing the pudding.

RATIO: Chia seeds to plant-based milk
Thicker Pudding: 2 tbsp/30 ml to ½ cup/125 ml milk
Softer Texture: 1- 1 ½ tbsp/15-22ml to ½ cup/125 ml

Method:

Whisk together the milk, maple syrup, and chia seeds in a medium bowl. Divide amongst four - 5 oz lidded jars, cover, and shake to combine.

Chill overnight for chia pudding to set. Top with berries, nuts, and maple syrup as desired.