



# Chia Seed Pudding

PREP TIME: 5 MIN

CHILLING TIME: 2 HOURS

YIELDS: 1 SERVING

## Ingredients

2 tbsp chia seeds

1/2 cup soy milk

1 tsp maple syrup (optional)

Fruit toppings (optional)

## Directions

1. Add chia seeds, soy milk, and maple syrup into a jar and mix thoroughly.

2. Cover the jar and refrigerate for at least 2 hours (when the chia pudding is chilled, it will thicken).

## Notes

- You may use any plant-based milk and sweetener of your choice.

