



Lori's Super-Delicious Chia Seed Pudding

Prep time: 5 mins

Cook time: 60 minutes or overnight to set

Serves: 4

Ingredients

Simple Chia Seed Pudding

- 1/2 cup whole chia seeds (or 1/8 cup per dish)
- 1 teaspoon ground cinnamon (or ¼ t per dish)
- 1/2 teaspoon vanilla powder (or 1/8 t per dish)
- 1 3/4 cup milk (almond, coconut etc. – or a shy ¼ cup per dish)

Optional Additions

- 3 tablespoons washed organic berries, goji berries, mulberries, banana and/or apples.
- 2 tablespoons hemp, flax, pumpkin and/or sunflower seeds
- 2 tablespoon mixed chopped nuts (walnuts, almonds, pecan etc.)
- 1 tablespoon 100% cocoa nips
- 1 tablespoons unsweetened coconut flakes

Instructions

1. Spilt dry ingredients equally into 4 small one cup size bowls.
2. Pour nut milk on top of mixture and stir.
3. Refrigerate bowls for at least one hour, ideally chill overnight.

Note from Lori Kampa Kearney, Mindful Health: I absolutely love chia seed pudding and eat a cup almost every day, I have to admit I am a bit addicted to this yummy dish. I usually make four at a time, so I have a quick breakfast, snack or dessert ready in the fridge. Also, great to serve as a dessert with the family or company. I like it best with all of the above ingredients to give it a nice crunch and sweetness to it. My favorite milks are unsweetened vanilla almond milk or a coconut almond milk blend. All-time favorite milk is Califia Farms Toasted Coconut and almond milk (from Fresh Thyme). Another fun option is to add granola and additional milk in the morning to have a chia seed pudding/ granola cereal. You could also add this mixture to your morning smoothie. Play around with what you like, add or take away to find your perfect taste.

Chia seeds grow 10 times their weight in size when combined with liquid, helping the body stay hydrated and full. The word “chia” comes from the Aztec word that means “oily” — the oils found in this small little round seed is the secret to its health benefits. Having the most content of omega 3 fatty acids of any plant food, they fight inflammation in the body, reducing the chance for heart disease, Alzheimer's, and depression.