

Chia Pudding



Servings:

1-3

Prep Time:

20 minutes

Ingredients

- 3 tbsp **Chia Seeds**
- 1 tbsp **Maple Syrup**
- 1 tsp **Vanilla Extract**
- $\frac{3}{4}$ cup **Milk (we used unsweetened almond milk)**
- $\frac{1}{4}$ cup **Chopped Walnuts**
- $\frac{1}{2}$ tsp **Ground Cinnamon**

Method of Preparation

Step 1

Mix ingredients together in a large bowl.

Step 2

Portion into desired container. We made three small snack portions!

Let sit for 15 minutes to set.

Step 3

Top with chopped walnuts.

Optional toppings: dried fruit, chopped nuts, seeds, dark chocolate chips.

Step 4

Top with ground cinnamon and enjoy!

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