

## 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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