

Chia Pudding with Fresh Berries

Ingredients:

- 1/4 cup chia seeds
- 1 cup milk (any kind – almond, oat, coconut, or dairy)
- 1–2 tsp maple syrup or honey (optional, to taste)
- 1/2 tsp vanilla extract (optional)
- 1/2–1 cup fresh berries (e.g., strawberries, blueberries, raspberries, blackberries)



Optional Toppings:

- Nuts or seeds (almonds, hemp hearts)
- Shredded coconut
- Granola
- A dollop of yogurt

Instructions:



1. Mix Ingredients:

In a jar or bowl, stir together the chia seeds, milk, sweetener (if using), and vanilla extract.

2. Stir Again:

Let sit for 5 minutes, then stir again to prevent clumping.

3. Refrigerate:

Cover and refrigerate for at least 2 hours or overnight until thick and pudding-like.

4. Top and Serve:

Stir once more before serving. Top with fresh berries and any additional toppings you like.

Tips:

- For thicker pudding, use less milk (3/4 cup).
- To make it extra creamy, use canned coconut milk or stir in some Greek yogurt before chilling.
- Great for meal prep—keeps in the fridge for 3–5 days.