

# Chia Pudding

It doesn't get any simpler than this – and these little guys are so versatile, you can use them for brekkie, as a snack – or even send them to school in your child's lunchbox.

In a small jar/container:

Fill to approx. ½ with coconut/almond milk (you pick your milk)

Add to large tablespoons of Chia seeds

Optional: add small dash of vanilla essence or maple syrup for a little sweetness.

Mix vigorously – leave for 10mins.

Mix again (this will stop the chia seeds from separating in the milk, and give you a smoother finished product).

Pop in fridge to set.

Eat plain (good for babies), or add your choice of fruit, nuts, yoghurt – the only limit is your imagination!

Obviously none of this is 'exactly' measured.....but it really doesn't matter.

Hayley xx



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