



# CHIA PUDDING

## TWO INGREDIENT TAKEOVER!

If you're an overnight oats fan, you have to try this. It's a similar concept– you start with a base that you can flavor however you'd like, and in the morning you've got DELICIOUS and nutritious breakfast! Chia seeds are packed with omega-3s, antioxidants, high quality protein, and fiber, which will help keep you full all morning!



### INGREDIENTS

½ cup almond milk (or milk of choice)  
2-3 Tbsp chia seeds (you'll find once you try it that more will yield a thicker pudding– so adjust this as you like)  
sweetener of choice, to taste  
additional ingredients (options are endless!– peanut butter, fruit/berries, banana, cinnamon, yogurt, fruit pureé, dried fruit, nuts, coconut shreds etc.)

### PROCEDURE

- Combine all of your desired ingredients in a container or jar.
- Stir to combine, or shake to mix.
- Allow to sit in the fridge overnight. The seeds and milk tend to separate in the beginning, so if you can shake or stir it up once more about an hour after making, this will help your final product!
- Enjoy cold in the morning!
- You can add the additional ingredients before refrigerating, or after! Like overnight oats, you really have to try this one out to see how the recipe suits YOU!

**NUTRITION\*** per serving (1 jar):  
135 calories | 7g carbs | 10g fat | 7g protein

*\*Nutrition calculated using 2 Tbsp chia seeds and stevia as sweetener. No additional add-in ingredients are included in this base recipe.*



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