

Spider Demo Kitchen

Chia Seed Pudding

yield: 4 servings

Ingredients:

- 1 1/2 cups** **Milk of choice**
1/2 cup **Chia seeds**
1-2 TBSP **Maple syrup or honey**
1 tsp **Vanilla extract**

- Toppings:** **Fresh fruit**
 Granola
 Nuts
 Nut butter



Instructions:

1. Add milk, chia seeds, maple syrup, and vanilla to a medium mixing bowl. Whisk well to combine.
2. Cover with plastic wrap and refrigerate overnight.
3. To serve, layer pudding with fresh fruit, granola, and/or nuts.

*Will keep for up to 5 days in the refrigerator.

Nutrition Information: Calories: 164 Carbohydrates: 12.4g Protein: 3.3g Fat: 11.8g Sodium: 10mg
Potassium: 93mg Fiber: 6.9g Iron: 3.29mg V, GFI