# Spider Demo Kitchen

## Chia Seed Pudding

Yield: 4 servings

### Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups</td>
<td>Milk of choice</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Chia seeds</td>
</tr>
<tr>
<td>1-2 TBSP</td>
<td>Maple syrup or honey</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Vanilla extract</td>
</tr>
</tbody>
</table>

### 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