

## Chia Seed Pudding

Prep: 5 minutes

Soaking time: 4 hours

Yield: 4 servings, Serving Size:  $\frac{3}{4}$  cup

### Ingredients:

- 2 cups coconut milk
- $\frac{1}{2}$  cup chia seeds
- $\frac{1}{2}$  teaspoon vanilla
- $\frac{1}{4}$  cup maple syrup
- $\frac{1}{4}$  teaspoons cinnamon

### Instructions:

1. For the blended/smooth version: Place all ingredients in the blender and blend on high for 1-2 minutes until completely smooth.
2. For whole chia seed pudding version: Blend all ingredients except chia seed in a blender until smooth (including any added flavors, fruits, or cocoa powder). Then whisk in chia seeds.
3. Pour Mixture into a jar or glass container and place in the refrigerator for at least 4 hours or overnight to allow to set.
4. Shake or whisk a few times within the first hour to help it gel evenly.

Top with your favorite fruits and nuts.

### Substitutions:

- 5 drops of Stevia for the maple syrup
- Banana or dates instead of maple syrup

### Options:

- Add 2-4 tablespoons of a protein powder to boost protein
- Chocolate: add  $\frac{1}{4}$  cup cocoa powder to the blended version of this recipe
- Strawberry: add  $\frac{1}{2}$  cup of fresh strawberries to the blended version of this recipe
- Chai: Add 1 teaspoon ground cinnamon and a pinch of cardamom and cloves
- PB&J: Add 3 tablespoons each of a natural peanut butter and natural preserves into either the blended version or if keeping the chia seeds whole then when blending the liquid
- Pecan: Add  $\frac{1}{2}$  teaspoon of ground cinnamon to the base and  $\frac{1}{2}$  teaspoon almond extract. Top with  $\frac{1}{2}$  cup toasted pecans.
- Matcha: Add 1 tablespoon of matcha green tea powder to blender

This will keep for 3-4 days in the refrigerator.

You might remember Chia Pets from the 1980's and 90's. The seeds you spread on these terra cotta pets are the same ones that are considered a super food today!

Chia seeds are edible seeds dating back to ancient times in Central America. The Aztec and Mayan peoples ate them believing these tiny seeds increased their stamina. The Mayan word for chia literally means "strength."

Chia seeds are high in omega 3, protein, calcium, antioxidants and fiber. Just 2 Tablespoons of chia has 180 mg of calcium, and 10 grams of fiber.

Besides making chia pudding, here are some other ways to get chia in your diet:

- Add them to smoothies or juice
- Mix them into yogurt
- Mix them into hot cereal like oatmeal
- Make summer porridge with them (overnight oats: ¼ cup oats, uncooked + ½ cup liquid + 2 t. chia seeds in a glass jar overnight)
- Sprinkle on top of salads
- Can be used as an egg substitute (use 1 T of finely ground chia seeds + 3 T of water per egg in baked recipes)

### Noatmeal

#### Ingredients:

- 2 T chia seeds
- 2 T flaxseed meal
- ½ cup almond milk (or whatever milk you like)
- Sweeten however you like (honey or maple syrup would be tasty)

#### Directions:

Use a 1:2 ratio of flax+chia:milk

Stovetop:

1. Combine all ingredients in a pot on the stove over medium heat
2. Bring to a boil and stir frequently. It will congeal rapidly.
3. Remove from heat, add toppings and enjoy

Overnight:

1. Combine all ingredients in a glass container and cover and place in the refrigerator.
2. In the morning, place it in the microwave for ~1 minute.
3. Add toppings and enjoy.