

CHIA SEED PUDDING



PREPARATION TIME: 5 MINS

SETTING TIME: 3-4 HRS

SERVES: 1

INGREDIENTS

- 1 cup milk
- 3-4 tbs chia seeds
- ½ tsp rice syrup
- ½ tsp fresh vanilla bean seeds (optional)

METHOD

- * Mix milk, chia seeds and syrup together in a bowl or cup.
- * Pop it in the fridge for about an hour, then stir again to combine.
- * Allow it to set in the fridge for 2-3 hours before serving with your favourite nuts, seeds or fruit.

REHEATING, STORAGE & LEFTOVERS

Store covered in the fridge for up to a week (if it lasts that long!).

VARIATIONS & TIPS

- * Try coconut milk, rice milk or almond milk for a variation or if dairy free (you may want to omit the syrup depending on the milk you choose).
- * Feel free to choose your favourite type of sugar or sweetener instead of rice syrup (e.g.: coconut sugar, maple syrup, honey).
- * You can swap the vanilla bean seeds for cinnamon or nutmeg for a variation.
- * The options are endless for serving suggestions! Fresh fruit, sunflower seeds, pepitas, LSA, nuts, mint, shaved chocolate...
- * For a real chocolately variation, try adding 1-2 tbs drinking chocolate mixture, cacao, cocoa or your favourite chocolate/chocolate nut spread (adjust your sweetener to taste).

NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to ensure there are no nasties in your ingredients.