Breakfast, American

Creamy Vanilla Almond Chia Pudding

Chia seeds soak briefly in almond milk with vanilla to make a single serving of pudding in just minutes. Eat it straight away while it is loose, or chill it until it turns thick and spoonable.



3 min	140	14 g	5 g
time	calories	carbs	sugars

Vegan | Gluten free | Dairy free

Ingredients, 1 serving

- [ ] 2 tbsp chia seeds
- [ ] 1/2 cup almond milk
- [ ] 1/2 tbsp vanilla

Method

- [ ] **1** Add the chia seeds, almond milk and vanilla to a small bowl or jar.
- [ ] **2** Stir thoroughly until the chia seeds are spread evenly through the liquid.
- [ ] **3** Leave the mixture to sit for 2-3 minutes, then stir again to break up any clumps.
- [ ] **4** Serve straight away for a looser texture, or refrigerate it for a thicker pudding.

Nutrition Facts

Per serving

Calories	**140**
Total fat	8 g
Saturated fat	1 g
Sodium	75 mg
Total carbs	14 g
Fiber	6 g
Total sugars	5 g
Protein	4 g

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