



Make Ahead Meal

INGREDIENTS

- 2 Tbsp. chia seeds
- 1/2 cup almond milk, unsweetened
- 1 tsp. vanilla powder - or seeds of 1 vanilla bean
- 1 tsp. maple extract
- 1/4 cup berries (blackberries, raspberries, blueberries or strawberries)

DIRECTIONS

1. In a glass bowl, combine chia seeds, almond milk, maple extract and vanilla powder. Stir well.
2. Allow mixture to sit. After 5 minutes, stir well to avoid clumps.
3. Cover with cling wrap. Set in the fridge for at least 2 hours.
4. When ready to eat, add berries if desired.
5. Keeps well in the fridge for 5 to 6 days.

NOTES

Chilling overnight results in a creamier chia pudding.

If the pudding is too thin, it can be fixed! Add an additional 1/2 tsp. of chia seeds and place back in the fridge.