

# Red Wing RED Chia Pudding



## Red Chia Ingredients:

2 Tablespoons chia seeds

½ cup unsweetened plant milk – coconut, flax, or cashew milk are all delicious options!

½ cup fruit of choice– cherries, raspberries, strawberries, or pomegranate seeds

Optional: Dash of vanilla extract, honey or maple syrup

Optional: ½ teaspoon of your favorite spices – cinnamon, cardamom, nutmeg, pumpkin

Optional: toasted coconut or granola

## Instructions (make enough for the week!)

Combine and stir all ingredients in a cup or bowl. Refrigerate for 2 hours or overnight.

