

Chia Pudding



This healthy pudding is a blank canvas. Try anything: caramel almond, mango cardamom, or mixed berry.

Time required: 20 minutes

Ingredients:

- 2 tablespoons chia seeds
- 4 Tablespoons milk or cream alternative
- 2 teaspoons sugar
- 1 drop vanilla essence

Recipe:

1. Thoroughly mix all ingredients and let chill in the fridge for 10-15 minutes.
2. Serve with fruit, caramel, or feel free to get creative.

Water Footprint (L)	Land Footprint (m ²)	Carbon Footprint (kg)
16	0.5	0.35