

# Chia Seed Pudding

Healthy and creamy everyday pudding



1 Servings



30-45min

## Ingredients

- Chia seeds 15g
- Almond Milk 150ml
- Vanilla extract 6g
- Flavour powder (optional)

## Directions

1. Soak the chia seeds in almond milk for at least 30 minutes then add the vanilla extract and any sugar substitutes
2. Put any nut crumbs or granola flakes on the surface
3. Leave for overnight to make sure the chia seeds soaked up all the water and to make sure the seeds are soft and not crunchy
4. Add anymore of your favourite toppings and your are done