

Chia Pudding

MIND foods: Nuts, beans, berries

Serves 4

Time: 15 mins (+30 mins to chill)

Difficulty: Easy

Ingredients

- 1 ½ cups unsweetened almond-coconut milk
- ½ cup soft tofu
- ½ tsp almond or vanilla extract
- ¼ cup chia seeds
- ¼ cup sliced almonds
- 1 cup fresh blueberries (6 oz)
- Optional garnish: additional blueberries



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Method

1. In a medium bowl with an immersion blender (or food processor or blender), combine almond milk, tofu, and extract, and blend until smooth and well-combined.
2. Add chia seeds, stir to combine, and let rest for 10 minutes.
3. Meanwhile, heat small skillet to low-medium heat, add almond slices, and continuously stir or shake until lightly toasted. Remove from heat and set aside.
4. Gently add blueberries to chia mixture.
5. Refrigerate chia pudding mixture and serve chilled. Just before serving, distribute evenly into four small bowls, and garnish with toasted almonds, and additional blueberries, if using.



Notes

This makes a delicately sweet dessert, but does double-duty as a healthy breakfast.