

Almond Cinnamon Chia Pudding

2 servings

1 ½ cup almond milk

4 Tb chia seeds

1 Tb maple syrup or raw honey

½ tsp almond or vanilla extract

½ tsp cinnamon

Pinch sea salt

- In a medium bowl, whisk all ingredients
- Stir every 5 minutes for the first 15 minutes
- Refrigerate for 1 hour or overnight, it will get thick and creamy
- Enjoy

© 2012 Ingrid DeHart