



Almond Cinnamon Chia Pudding

2 servings

4 Tb Chia seeds

1 ½ cup almond milk

¼ tsp vanilla extract (optional)

5 drops stevia or 1 Tb honey or maple syrup

½ tsp cinnamon

Optional Ingredients

2 Fresh organic strawberries sliced

1 organic apple or pear diced

1 Tb goji berries

1 Tb raw cacao powder

- Put all ingredient into a bowl, mix thoroughly.
- Let sit at least 1 hour or overnight in the refrigerator.
- Stir every so often at the beginning so it doesn't get clumpy.
- It will be very thin at the beginning but don't worry it will come together.
- Shortly the chia will thicken the milk to porridge like consistency.
- Add any of the optional ingredients. Enjoy!