



Strawberry Hemp Chia Pudding

4 servings

6 Tb chia seeds

1 cup frozen or fresh strawberries

1 3/4 cups hemp milk (recipe below), or any other nut milk of choice

1/2 tsp cinnamon

Stevia to taste (or 1 Tb maple syrup or 2 dates)

- Put chia seeds into a medium size bowl.
- In a blender, blend the strawberries, hemp milk and cinnamon together on high till smooth. (If you are using dates add them here) You should have about 2 1/2 cups liquid if there is more just use this amount. Drink the rest.
- Add stevia to taste.
- Pour the liquid over the chia seeds and stir.
- Let sit about 2 hours stirring every 5 minutes for the first 15 minutes.
- You can put this in the refrigerator overnight to eat for breakfast or snack.
- The pudding will last about 3 days.

The chia will thicken the liquid creating a perfect pudding texture

Hemp Milk

1 cup shelled hemp seeds

3 cups water

½ tsp organic vanilla extract (optional)

Blend until smooth. This “milk” can be used in smoothies or any beverage you like. It is a little grainy, if you want it to be smooth, strain it through a nut milk bag or cheesecloth.

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