

# Matcha Green Tea Chia Pudding

Green tea is full of antioxidants and supports your liver. The chia is full of protein, Omega 3's and calcium. There is a little caffeine in the matcha but it will be absorbed slowly with all the fiber in the chia.

2 servings

2 cups hemp or almond milk

12 drops stevia or 2Tb maple syrup

1 tsp vanilla extract

1 tsp matcha green tea powder

6 Tb chia seeds

2 cups berries (strawberries, blueberries, raspberries)

- Blend the milk with the stevia, vanilla and matcha
- Put the chia seeds in a medium bowl, large enough to hold all the liquid.
- Pour the blended mixture over the chia seeds. Stir. Let sit for 15 minutes stirring every few minutes until the chia begins to absorb the liquid.
- Let the mixture sit at least 1 hour at room temperature or overnight in the refrigerator, covered.
- Stir before serving. Top with berries.