

Vanilla Chia Pudding

4 servings

$\frac{3}{4}$ cup chia seeds

4 cups almond milk

2 tsp vanilla extract

12 drops stevia or 2 Tb maple syrup

- Add nut milk, vanilla and maple syrup to the blender and blend.
- Put the chia seeds into a bowl and pour the nut milk mixture over them. Stir thoroughly with a whisk or a fork. Let rest for five minutes, and stir again. Ten minutes later, stir again. Refrigerate and let sit overnight or at least 2 hours.
- In the morning, give it a stir and check texture. If it's too thick, simply add more almond milk; I like my pudding thick, you can thin it out to the consistency you like.
- Check the sweetness. Add stevia for additional sweetness.
- Top with berries.
- Great for breakfast or snack.