

# Strawberry Chia Pudding

4 servings

6 Tb chia seeds

1 cup frozen or fresh strawberries

1 3/4 cups almond milk (or any nut milk of choice)

½ tsp cinnamon

12 drops stevia to taste or 1 Tb maple syrup or 2 dates

- Blend the strawberries, nut milk, cinnamon, and sweetener together on high till smooth. You should have about 2 ¼ cups liquid if there is more just use this amount. Drink the rest.
- 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 chia will thicken the liquid creating a perfect pudding texture.
- Enjoy with a few sliced strawberries on top

This will keep about 3 days in the refrigerator