

Katie's Basic Chia Pudding

Ingredients:

- 2 cups coconut milk (I often use canned coconut milk to make it decadent, but any milk is fine)
- ½ cup chia seeds (any variety)
- ¼ cup (or less) maple syrup or honey – if you're using a sweetened milk you may not need any additional sweetener.
- ¼ tsp cinnamon (optional)
- ½ tsp vanilla

Method:

- Option 1: If looking for a blended version that's a smoother consistency, add all ingredients to a blender and turn on high! Once blended put in glass jar with a lid and refrigerate for at least 4 hours.
- Option 2: If you like the texture of chia seeds as they are, skip the blender and just add the ingredients straight to a glass jar! Shake it well until all ingredients are combined and refrigerate for at least 4 hours.

After it's been refrigerated it'll firm up just like pudding! Enjoy as a snack on its own or enjoy it with fruit and granola.

