



Chia Breakfast Pudding

INGREDIENTS:

¼ cup chia seeds

1 cup almond milk

½ teaspoon almond or vanilla extract

Pinch salt

DIRECTIONS:

Place the above ingredients in a mixing bowl, stir to blend, cover, and refrigerate for a MINIMUM of 3 hours – to overnight.

When ready, stir to combine. You may need to adjust the thickness with extra milk.

Top with whatever variety of ingredients you desire: Almonds, berries, shredded coconut, cinnamon, flax seeds, honey.

This dish was topped with coconut and frozen blueberries.

It's really a very light, yet satisfying, refreshing breakfast.