



KHSC Berry Chia Pudding

1 serving

5 minutes

Ingredients

1/2 cup Unsweetened Cashew Milk
1/4 tsp Cinnamon, Ground
1/8 tsp Vanilla Extract
1 packets Alternative Sweetener
2 tbsps Chia Seeds
1/2 cup Blueberries (choose your favorite berries)

Nutrition

Amount per serving	
Calories	176
Fat	9g
Saturated	1g
Carbs	22g
Fiber	10g
Sugar	7g
Protein	5g
Cholesterol	0mg
Sodium	46mg
Potassium	158mg
Calcium	213mg
Iron	2mg

Directions

- 1 Add the ingredients - except the berries - in the order listed to a 1-1/2 cup or larger container with a lid that seals well. Mason jar recommended.
- 2 Mix well to combine ingredients. Be sure that the chia seeds have been stirred into the liquid (they like to float on top) and break up any clumps of chia seeds.
- 3 Patiently chill. Seal the container and place in the refrigerator for at least 5 hours. For best results (1) stir the pudding after 30 minutes to redistribute chia seeds, and (2) leave the pudding in the refrigerator overnight.
- 4 Before serving, stir the pudding, then rinse the berries (slice if needed) and add berries to the top of the pudding.

Notes

Nutrition Information: Recipe makes 1 serving. Nutrition information is an estimate and will vary based on the brands you choose.

Ingredient Substitutions: Switch up the type of milks and the type of berries to add variety.

Boost the Protein: Mix 1/4 scoop of protein powder with the milk before adding other ingredients and stir well to break up clumps. Vanilla will keep the flavor about the same. Experiment with other protein powder flavors like chocolate, peanut butter, or strawberry.

To Store: Store in the refrigerator for 3-5 days (depending on how well the container seals out air). The pudding will continue to thicken over time.

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