# chia seed pudding

## Family Chef: Maggie McMahon

#### Ingredients:

* 2tbsp chia seeds
* 1/4c milk of choice (we love canned coconut milk for this recipe)
* Jam\* to taste, optional

or

* Choice of sweetener to taste (maple syrup works well here)

#### Instructions

1. Combine both chia seeds and milk in either a bowl or jar. Mason jars work well for this recipe. Make sure to thoroughly combine to ensure all chia seeds are properly incorporated. If they aren't, they will remain hard and crunchy.
2. Place in fridge to chill for at least 10 minutes. It may be left in overnight if that works better for you.
3. Once they have chilled, remove from the fridge. The chia seeds should be plump and soft. They will have absorbed some of the liquid and gelled into a pudding. If this hasn't happened, remix thoroughly and place back in the fridge for another ten minutes.
4. Enjoy as is or add jam/choice of sweetener. If using jam, you can layer the chia pudding with the jam in a glass for a nice presentation. Not necessary though!
5. The only thing left to do is enjoy! This recipe makes enough for a single serving. Feel free to multiply it if making more than one.

#### Notes

1. \*We have a homemade jam recipe on page X that would be perfect in this recipe!
2. If wanting to make vegan, be sure to use vegan milk as well as a plant-based sweetener. Like said previously, we love canned coconut milk and maple syrup for this recipe. We have also tried almond milk, cashew, pea protein, and oat milk with success. For sweeteners, if using sugar, feel free to dissolve it in the milk prior to combining with chia seeds.
3. This works very well as an overnight recipe. However, leaving for too long can result in a more slimy texture so take care not to leave in the fridge too long. You might find, too, that the chia will absorb too much liquid being left overnight. If this is the case, no worries, just add a splash of milk to it and give it a stir.