



# 4 Chia seed pudding recipes



## BANANA BREAD CHIA PUDDING

- 1 SMASHED BANANA
- 3 TBSP CHIA SEEDS
- 1/2 TSP CINNAMON
- 3/4 CUP ALMOND MILK



## LEMON RASPBERRY CHIA PUDDING

- 3 TBSP CHIA SEEDS
- 1 TBSP MAPLE SYRUP
- ZEST OF 1 LEMON
- 2/3 CUP ALMOND MILK
- 1/4 CUP RASPBERRY



## DARK CHOCOLATE CHIA PUDDING

- 3 TBSP CHIA SEEDS
- 2 TBSP CACAO POWDER
- 2 TBSP MAPLE SYRUP
- 3/4 CUP ALMOND MILK
- CHOCOLATE CHIPS FOR GARISH



## MATCHA CHIA PUDDING

- 3 TBSP CHIA SEEDS
- 1 TSP MATCHA POWDER
- 2 CUPS ALMOND MILK
- 1/2 TSP VANILLA EXTRACT
- 1 TBSP MAPLE SYRUP

FEEL FREE TO CHANGE CHANGE MILK TO ANY OTHER ALTERNATIVE ACCORDING TO YOUR LIKING! GARISH WITH ANY FRUIT, NUTS, CHOCOLATE, ANYTHING YUMMY!

