



Overnight Chia Pudding

Makes 1 servings

Ingredients:

1/2 cup unsweetened almond milk
(or other milk)
2 tablespoons chia seed
1/2 teaspoon maple syrup
1/8 teaspoon cinnamon

Optional toppings:

Tart cherries
Berries
Chopped nuts or granola
Coconut flakes

Tiny but mighty, chia seeds are packed with fiber, plant-based protein, heart-healthy omega-3 fatty acids, and essential minerals like calcium, magnesium, and phosphorus. Their impressive nutrient profile supports heart health, digestion, blood sugar balance, and long-lasting energy—all in just a small serving.

This simple chia seed pudding is a nutritious option for breakfast, a snack, or even a light dessert. Prepare it ahead of time and store it in a sealed jar or airtight container in the refrigerator for up to five days.

Instructions:

1. In a lidded jar, combine the almond milk, chia seeds, maple syrup, and cinnamon. Cover and shake to combine. Chill for a few hours, then give it a good stir to loosen any clumps. Continue chilling for 8 hours or overnight for the pudding to set.
2. Serve with toppings like fruit, nuts, coconut flakes, and maple syrup as desired.