



Chia Seed Pudding

2 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 1 cup almond or coconut milk
- ¼ cup dry chia seeds
- 1 teaspoon honey or agave syrup
- ½ teaspoon cinnamon
- ½ cup fresh berries
- Optional: 1 Tablespoon sliced almonds and 1 Tablespoon unsweetened coconut flakes

DIRECTIONS

1. In a small bowl, add the milk and chia seeds. Stir well and cover with a plastic wrap.
2. Place the bowl in the refrigerator and let sit for 1 hour or overnight.
3. Add honey, cinnamon, fresh berries, and stir well. Top with almonds or coconut flakes.

Nutrition Facts

2 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 407mg	30%
Iron 2mg	10%
Potassium 241mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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