

Chia Seed Pudding – per individual serving

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In a small bowl or a small glass (that will hold about 10 ounces) stir together:

2-3 tablespoons chia seeds

1/3 – 1/2 cup flavored smoothie (these can contain added sugar, so I don't use a lot)

1/3 – 1/2 cup almond milk

2 – 3 Tablespoons of Greek yogurt (can be fruit flavored to blend in with the flavor of smoothie you use)

A handful of fresh fruit that compliments the other flavors

Stir to mix; stir again every 5 minutes. This comes together to gel after the chia seeds have soaked for 15-30 minutes.

Depending upon the amount of chia seeds and fluid used – and if you refrigerate this overnight – this “pudding” can thicken enough to need a spoon or can be thin enough to drink.