

# Strawberry-Vanilla Chia Seed Pudding



*Blue Zone recipe - This pudding is all about the amazing talents of chia seeds. High in protein and full of fiber and omega-3 fatty acids, chia seeds are a deliciously healthy way to magically make a luscious pudding. Combine the ingredients the night before, and have it ready for the morning, or let the chia seeds work their magic while you sip your coffee. Top it off with a pile of fresh strawberries for a burst of fruity sweetness and Vitamin C in every bite!*

Prep time:  
Cook time:  
Yield:

Serving size: 1  
Calories per serving: 383.212

## **Ingredients:**

3 cups unsweetened almond milk  
2 teaspoons vanilla extract  
3 tablespoons maple syrup  
1/2 teaspoon cinnamon  
1/2 cup + 2 T. chia seeds  
3 cups fresh strawberries or other berries

## **Directions:**

1. In a bowl, whisk together unsweetened almond milk, vanilla extract, maple syrup, and cinnamon. Pour liquid mixture over the chia seeds and stir until seeds are incorporated. Make sure to stir it well, so that none of the chia seeds are sticking together. This ensures they're all able to absorb the liquid and create a pudding-like consistency.
2. Let sit for an hour or in the refrigerator overnight. Mixture will thicken substantially. Soaking time is vital for the end product!
3. In the morning, rinse and slice fresh strawberries. Stir chia pudding and top with fresh strawberries.

