

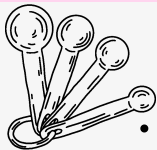


Recipes for Change



Chia Seed Pudding

Chia Seed Pudding



Ingredients

- 1 ½ cup dairy-free milk, coconut milk is great
- ½ cup chia seeds
- 1-2 tablespoons maple syrup or honey (to taste)
- 1 teaspoon vanilla (optional)

Whisk together all ingredients, best if you leave it for an hour or two, serve with whatever fruit you have available