



Chia pudding

Ingredients

- 2 tablespoons chia seeds
- 125ml oat milk (*or any milk of your choice: almond, coconut, soy, rice, or dairy*)
- 2 teaspoons maple syrup, plus extra for serving
- Fresh fruit for topping – try berries, banana slices, kiwi, or mango

Instructions

Step 1 – Mix It Up

In a jar or small bowl, stir together the chia seeds, milk, and maple syrup. Mix well to prevent clumping.

Step 2 – Chill

Cover and refrigerate for at least 8 hours or overnight. The chia seeds will absorb the liquid and thicken into a pudding-like consistency.

Step 3 – Serve

Give the pudding a good stir, then top with your favorite fresh fruit and an extra drizzle of maple syrup before serving.