



Dark Berry Chia Pudding

SERVINGS: 2-3

EST. COST: \$3.55

COST PER SERVING: \$1.25

Ingredients

- 1/4 cup chia seeds
- 1 cup milk of choice (e.g., dairy, coconut, oat)
- 1/2 cup blueberries / dark berry blend
- 1 tbsp maple syrup or honey (adjust to taste)
- 1 tsp cinnamon powder
- 1/4 tsp vanilla extract
- A pinch of salt

Optional additions / toppings:

- 2 tbsp lemon zest
- chopped nuts, peanut butter, etc.
- Coconut flakes
- Granola

Equipment

mixing bowl, whisk (fork), measuring spoon/cups, 2-3 small containers with lids

Directions

1. In a mixing bowl, combine chia seeds, milk, berries, maple syrup or honey, ground cinnamon, vanilla extract, and a pinch of salt.
2. Allow mixture to sit for 3-5 minutes, allowing it to thicken and flavors to blend.
3. Fold in dark berries until well combined.
4. Pour into containers. Adding optional ingredient layers.
5. Cover the bowl and refrigerate the mixture for at least 4 hours or preferably overnight.
6. This allows the chia seeds to absorb the liquid and create a pudding-like consistency.
7. Before serving, give chia pudding a good stir, to blend flavors. Top with your favorite toppings. Enjoy!



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Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	201.4	
		% Daily Value*
Total Fat	7.3 g	9 %
Saturated Fat	2.5 g	12 %
Trans Fat	0 g	
Cholesterol	4.1 mg	1 %
Sodium	44 mg	2 %
Total Carbohydrate	23 g	8 %
Dietary Fiber	7.3 g	26 %
Total Sugars	13.9 g	
Added Sugars	0 g	0 %
Protein	11.3 g	
Vitamin D	1.3 mcg	6 %
Calcium	264.6 mg	20 %
Iron	2.9 mg	16 %
Potassium	305.5 mg	6 %
* The % Daily Value (DV) 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.		

Health Benefits

Chia seeds promote a healthy gut microbiome, making digestion and waste removal more easier and effective. They also help to reduce appetite and sugar cravings, adds texture to your treat, and are a natural thickener when combined with a liquid.

Honey can be a great alternative to refined sugars. It is rich in antioxidants, with strong antibacterial and anti-fungal benefits.

References:

- Recipe provided by LA Dixon, 2023