

## THE ABSOLUTE PERFECT CHIA PUDDING



*Prep time: 3 min*

*Waiting time: 4 hours*

### **THIS IS WHAT YOU'LL NEED FOR ABOUT 2 SERVINGS OF PUDDING:**

4 to 5 tbsp chia seeds | 240 ml (1 cup) non-dairy milk (I love to use oat milk myself) | 1 tsp vanilla extract.

### **LET'S TALK TOPPINGS:**

The sky is the limit here, really. But my favorite toppings include: unsweetened shredded coconut, blueberries, pomegranate and raisins. Although dates, 90% cacao chocolate, mango and banana sound pretty spectacular, too. (I'll have to try those myself soon.)

### **THIS IS WHAT YOU'LL DO:**

1. Put all the ingredients for the pudding in a jar and stir well.
2. Set aside for about 5 minutes and stir again (or if your jar closes well: just shake it!). Wait for another 10 minutes and stir/shake it again.
3. Put your pudding in the fridge for at least 4 hours. Is it still too thin? Add some chia seeds, stir and let it sit in the fridge a little longer.
4. Decorate with your toppings and serve!