

# Chia Seed Pudding Recipe



**PREP TIME:**  
5 MINUTES

**REFRIGERATE TIME:**  
2 HOURS

**TOTAL TIME:**  
2 HOURS 5 MINUTES

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Recipe type: Gluten & Dairy-Free  
Yield: 4 Servings

## Ingredients:

- 8 TBSP Organic Chia Seeds (*Add 1-2 more TBSP for thicker consistency*)
- 1 TSP Pure Vanilla Extract
- 2 Cups Non-Dairy/Gluten Free Milk (Oat/Almond/Coconut/Cashew)

## Instructions:

1. In medium bowl (or glass container with lid) – add milk.
2. Then add pure vanilla extract.
3. Mix in chia seeds and stir with spoon or whisk until all coated with milk.
4. Let sit 2 minutes.
5. Stir again and make sure no lumps.
6. Cover & refrigerate 2 hours before serving. Can store in fridge for up to 4-5 days.

## Serving Ideas:

- Parfait w/ yogurt, fruit and granola.
- Add 2 TBSP to protein shake.

**\*Try and use all organic ingredients if possible.**

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