

Chia Pudding 3 Ways



PREP TIME:
5-10 MINUTES

MIX TIME:
5 MINUTES

TOTAL TIME:
15 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 2-3 Servings per Mason Jar

Supplies: 3 Quantity - 12-16 oz. Mason Jars

Strawberry Cheesecake Chia Pudding

Ingredients:

- 5 TBSP Chia Seeds
- Pinch Himalayan Sea Salt
- 1 teaspoon Pure Vanilla Extract
- 1 – 1 ¼ Cup Coconut or Non-Dairy Milk of Choice
- 1 TBSP Pure Maple Syrup
- ¼ Cup Strawberry Puree (see recipe below)
- 1/8 Cup Coconut Cream
- 3-4 Organic Strawberries - Sliced

Instructions:

1. In a 16 oz. mason jar, add chia seeds and sea salt. Mix until combined.
2. Add vanilla and milk to jar. Immediately stir until combined.
3. Stir in maple syrup until combined.
4. Allow to sit for 2-3 minutes – will thicken over time.
5. Swirl in the strawberry puree without mixing too much.
6. Add mini dollops of the coconut cream. Gently mix in sliced strawberries.
7. Can eat within 15 minutes. Can store in refrigerator 3-5 days.

Strawberry Puree (Prep before making above recipe)

Ingredients:

- ½ Pound Organic Strawberries – washed with stems removed
- 1/8 Cup Pure Maple Syrup
- 1 teaspoon Lemon Juice – Fresh Squeezed

Instructions:

1. In a small food processor or blender, add all ingredients and blend until smooth.
2. Can store in refrigerator up to 5 days. Can also freeze for up to a month.

Chocolate Peanut Butter Banana Chia Pudding

Ingredients:

- 5 TBSP Chia Seeds (**Optional: Ground up seeds into a flour – use coffee grinder**)
- ½ Scoop Vanilla Protein Powder (*I use Truvani*)
- ¾ TBSP Cacao Powder
- 1 teaspoon Pure Vanilla Extract
- 1 – 1 ¼ Cup Coconut or Non-Dairy Milk of Choice
- ¾ TBSP Pure Maple Syrup
- 1 TBSP Unsweetened Creamy Peanut Butter
- 1 Small Banana – Chopped
- 1 ½ teaspoons Cacao Nibs

Instructions:

1. In a 16 oz. mason jar, add chia seeds, protein powder, and cacao powder. Stir until combined.
2. Add vanilla and milk to jar. Immediately stir until combined.
3. Stir in maple syrup until combined.
4. Allow to sit for 2-3 minutes – will thicken over time.
5. Swirl in peanut butter gently. Then lightly stir in bananas.
6. Sprinkle cacao nibs on top.
7. Can eat within 15 minutes. Can store in refrigerator 3-5 days.

Apple Almond Cinnamon Crunch Chia Pudding

Ingredients:

- 5 TBSP Chia Seeds
- Pinch Himalayan Sea Salt
- ½ teaspoon Cinnamon
- 1 teaspoon Pure Vanilla Extract
- 1 – 1 ¼ Cup Coconut or Non-Dairy Milk of Choice
- 1 TBSP Pure Maple Syrup
- ½ Cup Honeycrisp Apple (or apple of choice) Skins on – Thinly Sliced & Chopped
- 1 TBSP Crunchy Almond Butter

Instructions:

1. In a 16 oz. mason jar, add chia seeds, cinnamon, and sea salt. Mix until combined.
2. Add vanilla and milk to jar. Immediately stir until combined.
3. Stir in maple syrup until combined.
4. Allow to sit for 2-3 minutes – will thicken over time.
5. Gently stir in apples reserving some for topping.
6. Swirl in the almond butter and top with a small dollop.
7. Can eat within 15 minutes. Can store in refrigerator 3-5 days.

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

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