

# CHIA SEED PUDDING

## 3-WAYS

## SHOPPING LIST

**NOTE:** ALWAYS LOOK FOR BPA-FREE CANS AND BUY ORGANIC WHEN POSSIBLE.

### FRUIT

- ☐ 1 Apple
- ☐ 1 Pint Strawberries
- ☐ 1 Banana
- ☐ 1 Lemon

### LIQUIDS, DAIRY

- ☐ Non-Dairy Milk of Choice (minimum of 32 oz.)
- ☐ Can of Coconut Cream

### HERBS & SPICES

- ☐ Himalayan Sea Salt
- ☐ Cinnamon
- ☐ Pure Vanilla Extract

### NUTS & SEEDS

- ☐ Bag of Chia Seeds
- ☐ Crunchy Almond Butter
- ☐ Creamy Peanut Butter
- ☐ 1 TBSP Hemp Seeds

### MISCELLANEOUS

- ☐ Pure Maple Syrup
- ☐ Vanilla Vegan Protein Powder
- ☐ Cacao Powder
- ☐ Cacao Nibs

### MATERIALS

- ☐ 3 Quantity 16 oz Mason Jars with Lids

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