

# Chia Seed Pudding Base Recipe



**PREP TIME:**  
**5 MINUTES**

**REFRIGERATE TIME:**  
**30 MINUTES**

**TOTAL TIME:**  
**35 MINUTES**

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 1 Serving

## **Ingredients:**

- 2 TBSP Organic Chia Seeds (***Add more for thicker consistency***)
- 1/4 Teaspoon Pure Vanilla Extract
- 1/2 Cup Non-Dairy/Gluten Free Milk (Oat/Almond/Coconut/Cashew)
- 1/2 Teaspoon Maple Syrup or Raw Honey

## **Instructions:**

1. In 12-16 oz. mason jar, add chia seeds.
2. Pour in milk, vanilla, & sweetener.
3. Stir with spoon or small whisk until all coated with milk.
4. Let sit 2 minutes.
5. Stir again and make sure no lumps.
6. Cover & refrigerate at least 30 minutes before serving. Can store in fridge for up to 4-5 days.

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

[ChristiHealthCoach.com](http://ChristiHealthCoach.com)