

DESSERT



**Blueberry Chia Pudding**

# Ingredients:

- ¼ cup chia seeds
- 1 cup unsweetened almond milk (or any plant-based milk)
- 1 cup fresh blueberries
- 1-2 tbsp honey or maple syrup (optional, for added sweetness)
- Few drops vanilla extract
- Optional toppings: additional fresh blueberries, sliced almonds, mint leaves

*(1 Serving)*

<b>Kcal</b>	214kCal
<b>Protein</b>	5g
<b>Fat</b>	10g
<b>Carbs</b>	30g

**\*for 2 servings**



1. In a blender or food processor, blend blueberries with almond milk, honey (or maple syrup), and vanilla extract until smooth.
2. Add chia seeds to the blended mixture and whisk.
3. Let the mixture sit for 5 minutes, then whisk again to prevent clumping.
4. Divide the pudding into serving glasses or bowls, cover them and refrigerate for at least 2 hours or overnight until the chia seeds have absorbed the liquid and formed a pudding-like consistency.
5. Once the chia seed pudding is set, give it a good stir.
6. Top the chia seed pudding with fresh blueberries, sliced almonds, and mint leaves, if desired.
7. Serve the blueberry chia pudding chilled and savor its vibrant color and delicious flavor.

