

BLUEBERRY CHIA PUDDING RECIPE
(GLUTEN FREE / VEGAN)

Ingredients:

- 4 TBSP chia seeds
- 1 cup frozen blueberries
- 1 TBSP lemon zest
- 1 cup unsweetened almond milk
- Optional – ½ tsp stevia or 1T raw honey if you prefer it a little sweeter.

Instructions:

- Add the berries to a food processor or blender and pulse with the lemon zest until broken down. (Berries may also be mashed with a fork if preferred.)
- Add the blueberry mixture, almond milk, chia seed, and sweetener (if chosen) to a bowl and stir, mixing well with a spoon.
- Cover and refrigerate for at least 2 hours. (Or overnight) The chia seeds will have absorbed a lot of the liquid, and it will have the consistency of pudding.
- Once chilled, give it a stir and serve. Optional - Top with a scoop of yogurt, extra blueberries, chopped nuts, or any other healthy toppings you like.

Note: For a smoother texture, blend berries, lemon zest, almond milk, and sweetener all together until smooth. Chia pudding may be stored in an airtight container in the refrigerator for 4-5 days. The best chia seed to liquid ratio is 1:4 – Use 1T of chia seeds for every ¼ cup of almond milk.