



CHIA PUDDING (makes 3-4 servings)

This is an easy make-ahead breakfast for those who need a fast nutritious breakfast that will stay with them.

Ingredients:

1/4 cup chia seeds

1 cup almond milk (or oat milk or milk)

Honey to taste

2 scoops collagen peptides

1 cup frozen wild blueberries

½ teaspoon cinnamon

½ teaspoon vanilla extract

Gently warm almond milk (do not boil). Add honey and whisk to incorporate completely. Add chia seeds, collagen peptides, cinnamon and vanilla extract. Whisk to incorporate. Add blueberries and stir. Place covered in the refrigerator overnight. (If you are out the door fast in the morning, divide into single serving glass containers.)

In the morning, add a handful of your favorite nuts (almonds, walnuts, macadamia, brazil nuts, cashews are all great choices) and you have a great quick breakfast!