**Almond Butter Strawberry Banana Chia Pudding**   
by Health Coach Heather Tesch   
Length: Prep time: 5 minutes. Refrigerate time: 3+ hours or overnight. minutes

This recipe is one of those that you throw everything into a mason jar and shake kinda recipes. It’s kinda magical! Even more magical, chia seeds are loaded with protein, healthy fats, and fiber. Once you add some fruit and nut butter this is a filling and nutritiously balance meal, snack, or treat.

Ingredients:

1 cup unsweetened Almond milk   
⅓ cup chia seeds   
3 tbsp almond butter or your favorite nut butter   
1 tbsp pure maple syrup or honey   
½ tsp vanilla extract   
½ tsp cinnamon   
½ banana sliced or your favorite low sugar fruit   
3 strawberries sliced or your favorite low sugar fruit

Equipment:

Mason jar or alternative container that seals   
Measuring spoons   
Measuring cup   
Knife   
Serving bowl (optional)

Steps:

1. Assemble all your ingredients. Combine all ingredients into a mason jar. With the lid screwed on tight shake the ingredients. \*\*Note: The almond butter may not stir together completely, but that’s okay. You’ll just have a few almond butter chunks throughout, which isn’t necessarily a bad problem to have! If you want your almond butter to combine more smoothly, melt it in the microwave for approximately 30 seconds before adding additional ingredients.   
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/almond-butter-strawberry-banana-chia-pudding/vid/step1.mp4)

2. Place jar and it’s contents into the refrigerator for at least 3 hours, or overnight. Remove and top with sliced bananas, strawberries and sliced almonds if desired.   
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/almond-butter-strawberry-banana-chia-pudding/vid/step2.mp4)