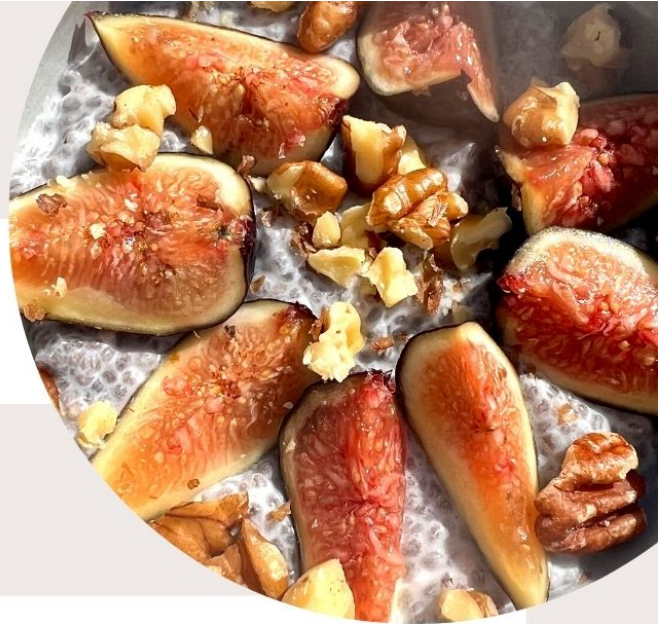


Fig & Walnut Chia Seed Pudding



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 2 tbsp chia seeds
- 1/2 cup almond milk
- 1 tsp honey
- 1 tbsp chopped walnuts
- 1 tbsp hemp hearts
- 2 figs, sliced

DIRECTIONS

1. Mix together chia seeds, almond milk, and honey in a mason jar. Store in the refrigerator overnight.
2. Before eating, stir chia seed mixture. Add more almond milk if needed to reach desired consistency. Stir in chopped walnuts and hemp hearts.
3. Top with sliced figs and enjoy!

NUTRITION INFO

Calories: 351, Carbohydrate: 41 grams, Protein: 10 grams, Fat: 18 grams