

Nourishing Pumpkin Chia Pudding

Ingredients

- 1 cup of milk of choice, coconut, almond
- ¼ cup of chia seeds
- 1 TBSP of maple syrup or agave
- ¼ cup of pumpkin puree
- ¼ dried cranberries
- ½ tsp of cinnamon
- pinch of ginger, cloves & nutmeg
- pinch of sea salt
- top with pecans or yogurt



Directions

1. In a bowl or mason jar
2. Add milk & chia and whisk together
3. Mix in pumpkin puree
4. Add cranberries and mix
5. Stir in spices and sweetener
6. Cover and place in fridge. Chill overnight is best.
7. Top with nuts, yogurt, granola

