

BASIC VANILLA CHIA PUDDING RECIPE

INGREDIENTS:

- 2 tbsp chia seeds
- 1 cup of full fat coconut milk (or milk of your choice)
- 1/2 tsp vanilla extract
- 1 tbsp maple syrup
- a pinch of sea salt
- a sprinkle of cinnamon

DIRECTIONS

Stir everything together in a bowl and let sit for 15 minutes or so.

If you need to adjust the consistency, just remember to add more liquid if it's too dry or more seeds if it is too liquidy. Once absorbed, it will have a similar consistency to rice pudding.

Tips:

- In the morning, I like to mix everything together before my shower and by the time I am ready for breakfast, it's nice and fluffy for me.
- You can make this overnight in larger batches for convenience, you just may have to adjust with more liquids if it dries out.
- This recipe is really basic (and delicious) but feel free to get creative! I love adding chopped berries and walnuts, or a few bananas and a dollop of almond butter.
- Because chia absorbs water, ensure you hydrate them well before eating and always make sure you drink enough water throughout the day- this will make your digestive system joyous because chia seeds help promote regular detoxification.