

Chia Pudding

Creamy, thick chia pudding that's easy to make, nutritious, and so delicious! Just 4 ingredients required for this tasty breakfast, snack, or dessert!

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PREP TIME

TOTAL TIME

6 hours 5 minutes

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Servings (1/2-cup servings)

Ingredients

CHIA PUDDING

- 1 1/2 cups **dairy-free milk** (we used DIY coconut – use creamier milks for creamier, thicker pudding, such as full fat coconut and cashew)
- 1/2 cup **chia seeds**
- 1-2 Tbsp maple syrup (more or less to taste)
- 1 tsp vanilla extract

FOR SERVING optional

- **Compote**
- Mint
- Fresh Fruit

Instructions

1. To a mixing bowl add dairy free milk, chia seeds, maple syrup (to taste), and vanilla. Whisk to combine.
2. Cover and refrigerate overnight (or at least 2 hours). The chia pudding should be thick and creamy. If not, add more chia seeds, stir, and refrigerate for another hour or so.
3. Enjoy as-is, or layer with compote or fresh fruit! Will keep covered in the refrigerator up to 5 days