

Berry Blue Chia Pudding

Ingredients:

- 2 cups unsweetened almond milk
- 1 cup of fresh or frozen blueberries
- 1/2 cup chia seeds
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1/4 cup toasted slivered or sliced almonds (optional)
- 1 tbsp. honey (optional)



*VEGAN



*GLUTEN-FREE

Nutrition Facts

8 servings per container

Serving size 1/2 cup (105g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 7g 9%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 90mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 7g 25%

Total Sugars 4g

Includes 2g Added Sugars 4%

Protein 4g

Vitamin D 1mcg 6%

Calcium 220mg 15%

Iron 1mg 6%

Potassium 80mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Blend together the almond milk and 3/4 cup of blueberries in a blender. Pour into a bowl or mason jar.
2. Stir in chia seeds, cinnamon, vanilla extract, and honey. Let sit for 10 minutes and stir again.
3. Chill for 2 hours or overnight.
4. Once ready to eat, stir again. Top with remaining blueberries, almonds, or other toppings.

Cost per serving: \$0.44

Recipe by Emily Rogers