

Easy Chia Pudding

Ingredients:

- 2 c. milk (any kind) or milk kefir
- 1/2 c. chia seeds
- 2-3 T. sweetener (sugar, monkfruit, maple syrup, agave, honey, etc.)

Optional Ingredients:

- 1 T. coconut oil, melted (optional)
- 1-2 t. vanilla
- 1/2 - 1 t. cinnamon or other spice
- fruit, chopped/crushed (fresh or frozen)
- yogurt
- chopped/crushed nuts

Directions:

Combine the ingredients in a glass jar and shake/stir well.

I like to put them in the blender for a minute or two but it is not completely necessary to do so.

Add in any optional ingredients as desired or wait until ready to serve to make pretty layers with fruits or other add-ins.

Put in the refrigerator for 4-6 hours or overnight and then enjoy!

I usually divide this into small jars to use for single servings.

This recipe makes 6-8 small servings or 2-4 large servings.

Please note that if you are making this for a young child you may want to avoid honey and make sure that any nuts/fruit are crushed to prevent choking.