

Fruit-On-The-Bottom Chia Pudding

4 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Divide the thawed berries between jars and add the chia pudding mixture on top. Top with almond butter and enjoy!

Notes

Storage

Store covered in the fridge up to 4 to 5 days.

Additional Toppings

Blackberries, sliced peaches or any chopped fruit you like.

No Almond Milk

Use any other type of milk instead.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Ingredients

1/4 cup Chia Seeds

1 cup Unsweetened Almond Milk

1/2 cup Frozen Berries (thawed)

2 tbsps Almond Butter

Nutrition

Amount per serving

Calories	250	Cholesterol	0mg
Fat	18g	Sodium	82mg
Carbs	18g	Vitamin A	250IU
Fiber	9g	Vitamin C	10mg
Sugar	4g	Calcium	420mg
Protein	8g	Iron	3mg