

Chia Pudding



Servings: 2 | 20 minutes

Ingredients

- 1/2 cup chia seeds
- 1 cup milk or fruit juice

Directions

- In a small bowl, place the chia seeds, add the liquid, and stir together. Refrigerate the mixture for at least 15 minutes. Giving it more time will allow it to thicken. Add mix-ins or a topping, if desired.

Overnight Option

Prepare chia pudding in the evening and refrigerate it overnight. You'll have a delightful breakfast waiting for you in the morning.