

# CHIA SEED PUDDING

For a nutritious meal or tasty snack, make your own chia seed pudding. Depending on your child's age, ask them to help you make it!

## Ingredients

- › 1 ¼ to 1 ½ cups frozen (or fresh) fruit of choice
- › 1 ¼ cups milk of choice (dairy or non-dairy)
- › 4 tbsp maple syrup
- › 1 tsp vanilla extract
- › Pinch of salt
- › 10–12 tbsp chia seeds

## Directions

- › Add all ingredients except chia seeds to a blender and blend until smooth.
- › Pour the mixture into a large container.
- › Stir in the chia seeds a couple tablespoons at a time to make sure they don't clump together.
- › Cover the container, place it in the refrigerator and let it sit overnight.
- › Enjoy this delicious pudding for breakfast or a tasty snack!

