

Recipe Name **Blueberry Chia Seed Pudding**

Ingredients:

2 Tablespoons organic chia seeds

1/4 cup organic blueberries (fresh or frozen)

1 Tablespoon organic maple syrup

1/2 cup non-dairy milk (the coffee shop used coconut milk, I used cashew. Any type you like will work)

Directions:

1. Place chia seeds and maple syrup in a 1 cup glass jar or glass
2. In a separate bowl/glass, place the blueberries and smash using a fork (if using frozen berries, place in microwave for about 20 seconds to defrost first)
3. Add berries and milk to chia seeds
4. Mix or shake (if using a jar) well. I generally will stir/shake several times over a 5-minute period to ensure the seeds are well mixed as they begin to absorb the milk.
5. Place in the refrigerator for a minimum of 2 hours and preferably overnight.
6. Enjoy!

*This recipe can easily be doubled, tripled or more. Though I generally make it in single serving ball jars.