

Vanilla Chia Seed Pudding



Servings: 4

Nutrition Information:

16g carbohydrate

120 calories

6g fat

120mg sodium

6g fiber,

2.5g protein

Ingredients:

2 cups unsweetened vanilla almond milk

$\frac{1}{4}$ cup chia seeds

1 $\frac{1}{4}$ tsp. vanilla extract

2 tbsps. honey

Pinch of salt (optional)

Directions:

1. Whisk milk, vanilla and chia seeds together in a container with lid.
2. Set in the refrigerator covered for 4-6 hours.
3. When ready to eat, stir and drizzle with honey.

Fresh fruit and nuts go well with pudding too!