3-Ingredient Warm Chia Pudding

ingredients

- 1 cup milk (we love oat or coconut milk)
- 1/3 cup chia seeds
- 1 to 2 Tbsp sweetener (we love maple syrup or honey)

instructions

- Warm milk in a small sauce pan over low/medium heat
- Add chia seeds and stir w/wooden spoon until thick and gelatinous (usually 3-5mins)
- Remove from heat and stir in sweetener
- Enjoy as is or top with your fav fruits and nut butter
- PRO TIP: add 1 tsp of matcha or cacao powder to your milk base for fun flavor variety!

Did you know:

NOT ONLY DO THESE FIBER & OMEGA-3 RICH SEEDS MAKE A PERFECT NUTRIENT DENSE GIFT FROM THE HEART, THEY ARE ALSO THE MAGICAL INGREDIENT IN THE ICONIC CHIA PET PLANTER GIFTS