

Chia Pudding with Berries



Ingredients

- 1 ½ cup almond milk
- ½ cup chia seeds
- ¼ cup honey or agave
- Pinch of salt
- 1-2 cups fresh berries of your choice
- ¼ cup quinoa
- Fresh mint for garnish

Utensils

- Whisk
- Bowl
- Stove or hot plate
- Small pot
- Cutting board
- Knife



Recipe Instructions

Step 1: Whisk

Whisk together almond milk, chia seeds, agave/honey, and salt in a bowl together.

Step 2: Soak

Let the mixture soak in the refrigerator for at least 1 hour and up to overnight. It should create a thick texture similar to rice pudding.

Step 3: Toast Quinoa

Over medium-high heat, toast quinoa, shaking the pot often to ensure they are evenly toasted.

Step 4: Cut Berries

Chop berries of your choice into smaller pieces

Step 5: Finish

Portion the chia pudding into smaller cups, add cut berries on top, and add fresh mint for a garnish

Step 6: Enjoy!

Enjoy your chia pudding!



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Kitchen Safety Tips:

Make sure anyone around you is aware that you are using the stove and that it will be hot!