

## Recipe – Chia Seed Pudding

### Ingredients:

- ½ cup chia seeds
- 2 cups almond milk
- ¼ tsp vanilla
- ½ tsp almond extract
- 10 to 15 drops liquid stevia or powder stevia to taste
- 1 tsp cinnamon
- ½ tsp powdered ginger (optional)
- ½ tsp cardamom (optional)

### Directions:

Mix all ingredients together and let them rest for a few moments. Stir the mix with a fork every 5 minutes or so. At first, it will seem far too liquidy, but over the course of 30 minutes the chia seeds will plump up until it resembles tapioca pudding. Optimal to let soak for an hour.

Can mix up the night before and let soak in the refrigerator for a ready to eat breakfast option. Makes a great mid day snack or evening dessert.

Experiment with your favorite spices and flavors. In addition to those listed above, you can also add cocoa powder as well as peppermint.

The basic proportions are one-part chia seeds to two-parts liquid (almond milk or water or any other liquid), stir, and wait.

Chia seeds are an excellent source of calcium, phosphorous, magnesium, potassium, iron and copper. They aid in maintaining even blood sugars as they are also very high (20%) in protein, fiber and omega 3 fatty acids. Chia seeds can also aid in hydration when exercising, and assist in regularity.

Yes, these are the same chia seeds that were sprouted to make Chia Pets back in the day!