CHIA SEED PUDDING

Servings: 1 Cook Time: 5 Minutes

Ingredients:

- ½ cup chia seeds
- 2 cups milk (preferably low fat, almond, or coconut)
- 1 tablespoon maple syrup or honey
- ½ teaspoon cinnamon
- Dash of salt
- Optional: Sliced fruit

Instructions:

Add all ingredients together in a bowl and whisk together for a couple of minutes. Cover bowl and place in the fridge overnight. Add fruit slices if desired. Enjoy!

Anderson Free Clinic
Wellness Market