

Vanilla Chia Pudding

(Make Ahead)

YEILD: Four 6oz. servings

INGREDIENTS:

- 2 1/2 cups vanilla almond milk unsweetened
- 1/2 cup chia seeds
- 2 Tbsp honey
- 3/4 tsp pure vanilla extract
- 1/8 tsp kosher salt
- Berries or other fresh fruit

INSTRUCTIONS:

- Combine almond milk, chia seeds, honey, vanilla and salt. Mix well.
- Cover. Refrigerate overnight. The chia seeds will soak up the liquid and thicken.
- Top each serving with berries or fresh fruit of your choice.

NOTES:

Other topping ideas include slivered toasted almonds, unsweetened shaved coconut, chopped mango, pomegranates, or shaved dark chocolate. Don't have almond milk? Try oat milk, coconut milk or another non-dairy alternative!

Recipe from: Feed Your Potential 365 by Aramark
<https://www.fyp365.com/recipes/vanilla-chia-pudding/>