

Vanilla Chia Seed Pudding

This easy make-ahead pudding is a nourishing way to start the day or enjoy a steady-energy snack. Chia seeds provide a powerful combination of **fiber, healthy fats and a touch of protein**, helping support digestion, fullness and balanced blood sugar. Gentle, versatile and naturally satisfying, it's a feel-good option you can customize with your favorite fruits and toppings.

Prep time: 5 minutes

Chill time: 6 hours

Total time: 6 hours, 5 minutes

Makes 4 servings

Ingredients

- 2 cups milk or unsweetened plant-based milk of your choice
- ½ cup + 2 tablespoons chia seeds
- 1-2 tablespoon maple syrup (more or less to taste)
- 1 teaspoon vanilla extract
- Optional toppings: berries, chopped fruit, nuts and seeds



Instructions

1. Add milk, chia seeds, maple syrup and vanilla to a medium mixing bowl and whisk to combine.
2. Cover and refrigerate overnight (or at least 6 hours). The chia pudding will thicken as it chills. If the consistency is not thick enough after 6 hours, you can always add more chia seeds, stir and refrigerate for another hour.
3. Eat it plain or top with fresh fruit or compote. Store in the refrigerator for up to five days.