



### **Chia Seed Pudding**

*Serves: 2 - Prep Time: 10 minutes - Chill Time: 3 hours to overnight*

#### **Ingredients**

1 banana - mashed with a fork  
1 cup unsweetened plant milk  
4 Tbsp chia seeds  
4 tsp maple syrup\_or honey  
1 tsp vanilla extract  
Optional toppings - fresh/frozen berries and sliced bananas

#### **Directions**

1. Add the mashed banana, milk, chia seeds, maple syrup (or honey), and vanilla extract to a mason jar or bowl.
2. Mix together and cover.
3. Chill in the fridge for a minimum of 3 hours, but preferably overnight.
4. Stir together, then add optional toppings if desired.

#### **Nutrition Information:** 1 serving:

208 calories, 7.5 g fat, 32.5 g carb (9 g fiber, 17 g sugar) 4 g protein



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