



## INGREDIENTS

- 1/2 cup Chia Seeds
- 1 1/2 cups Rice Milk (Unsweetened)
- 1 teaspoon Vanilla Extract
- 1/4 cup Maple Syrup
- 1/4 teaspoon Ground Cinnamon

### NUTRITION INFORMATION PER SERVING

Protein 6.3g	Sodium 41mg
Total Fat 6.9g	Fruits 0 servings
Carbs 32g	Vegetables 0 servings
Calories 217kcal	Added Sugar 12g
Fiber 10g	Healthy Fats 1.27 servings
Calcium 257mg	Saturated Fat 0.68g

# Chia Pudding

BY RENALIGN

⌚ 5 MINS PREP | ⌚ 4 HRS COOK | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. In a mason jar, add all ingredients. Stir very well until combined, making sure to prevent clumps of chia seeds as much as possible.
2. Cover and place in refrigerator for at least 4 hours or overnight.
3. Add toppings as desired: fresh or frozen berries, cubed apples with a sprinkle of cinnamon, cocoa powder, nuts, seeds, or nut/seed butters.





## INGREDIENTS

- 1/4 cup chia seeds
- 1/2 cup Milk 2% Reduced Fat
- 1/2 cup blueberries
- 1 tablespoon honey
- 1/2 teaspoon vanilla

### NUTRITION INFORMATION PER SERVING

Protein 16g	Sodium 61mg
Total Fat 15g	Fruits 0.56 servings
Carbs 44g	Vegetables 0 servings
Calories 373kcal	Added Sugar 8.6g
Fiber 21g	Healthy Fats 2.55 servings
Calcium 269mg	Saturated Fat 2.71g

# Blueberry Chia Pudding 2.0

BY U.S. Highbush Blueberry Council

⌚ 40 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Combine chia seeds, honey, vanilla extract, and milk. Stir to combine.
2. In a small bowl, lightly crush half of the blueberries and stir into the chia pudding. Gently stir in the remaining, whole blueberries.
3. Sit in the fridge, covered with plastic wrap for at least 30 minutes before serving.





## INGREDIENTS

2 cups milk	1/4 cup unsweetened cocoa powder
1/2 cup chia seeds	6 dates
1/4 cup creamy peanut butter	2 tablespoons honey (optional)
	1/2 teaspoon vanilla extract

### NUTRITION INFORMATION PER SERVING

Protein 10g	Sodium 87mg
Total Fat 12g	Fruits 0 servings
Carbs 33g	Vegetables 0 servings
Calories 260kcal	Added Sugar 2.87g
Fiber 9.9g	Healthy Fats 0.85 servings
Calcium 206mg	Saturated Fat 2.87g

# Chocolate Chia Seed Pudding

BY BABY FOODE

🕒 15 MINS PREP | 🍴 6 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Whisk together the milk and chia seeds. Stir in the peanut butter, cocoa powder, dates and vanilla extract until well combined.
2. Add honey if you want a sweeter pudding. Put in fridge for 4 hours or until nice and cold.
3. Transfer mixture to blender and blend on high for 2 minutes or until pudding is extremely smoothy and creamy.
4. Serve in small jars or a big bowl, either way this pudding will get devoured in no time.
5. Makes 6 small toddler servings.

