



Blueberry Chia Pudding

Prep Time: 5 minutes,
plus chill time at least 8 hours or overnight
Yield: 1 serving

Ingredients

- ½ cup coconut milk or other non-dairy milk
- 2 tablespoons chia seeds
- 2 teaspoons maple syrup
- 1/8 teaspoon almond extract
- ½ cup fresh blueberries
- 1 tablespoon walnuts

Preparation

1. Stir together coconut milk (or other nondairy milk beverage), chia, maple syrup and almond extract in a small bowl. Cover and refrigerate for at least 8 hours and up to 3 days.
2. When ready to serve, stir well and top with blueberries + walnuts

Recipe provided by Chef Teresa Hansen
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Nutrition Facts

For a Serving Size of 1 serving(231.47g)

Calories 250.4	Calories from Fat 130.6(52.2%)
% Daily Value *	
Total Fat 14.5g	-
Saturated fat 3.1g	-
Monounsaturated fat 1.8g	-
Polyunsaturated fat 8.6g	-
Potassium 195.5mg	-
Carbohydrates 26.7g	-
Fiber 10.6g	43%
Net carbs 16.1g	
Sugar 7.5g	
Protein 6.4g	
Vitamins and minerals	
Vitamin A 47.4µg RAE	6%
Vitamin B6 0.1mg	8%
Vitamin C 7.7mg	13%
Vitamin E 0.7mg	5%
Vitamin K 14.5µg	13%
Calcium 389.4mg	39%
Iron 2.4mg	31%
Magnesium 100.5mg	29%
Phosphorus 255.3mg	26%
Zinc 1.5mg	10%
Copper 0.4mg	20%
Manganese 1.2mg	61%
Selenium 14.6µg	21%
Thiamine 0.2mg	11%
Niacin 2.5mg	13%
Folate 18.6µg	5%