

Gluten-Free, Dairy-Free, Chia Seed Pudding

Last, but certainly not least, we have the simplest and most versatile gluten-free and dairy-free Chia Seed Pudding. It's sure to satisfy and delight! You can prep this overnight and enjoy it for breakfast or snacks the rest of the week. This recipe makes 4 servings, but you can double or triple it if you'd like, so you're set for the whole week. You can vary the toppings to keep it interesting, and it can be enjoyed heated or cold.



Prep time: 10 minutes

Ingredients:

- 2 cups your choice of non-dairy milk such as oat milk, almond milk, cashew milk or coconut milk
- 8 tablespoons chia seeds
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract (optional)
- 1 tablespoon real maple syrup (optional)
- Toppings:**
- 2 tablespoons toasted coconut flakes – unsweetened
- 2 tablespoons cacao nibs
- ½ cup fresh or frozen berries

Instructions:

1. In mason jar or glass container with lid, combine non-dairy milk, chia seeds, cinnamon, vanilla and maple syrup. Close lid tightly and shake until all ingredients are combined.
2. Place in refrigerator overnight. The chia seeds will form a thick pudding-like consistency.
3. Pour ½ cup of pudding into a cup and top with toasted coconut flakes, cacao nibs and fresh blueberries or berries of your choice.
4. Enjoy warm or cold!

Why this snack may be helpful: Chia seeds contain between 34 grams and 40 grams of dietary fiber per 100 grams, which is equivalent to 100 percent of the daily recommended value for adults. In addition to being packed with fiber, chia seeds have an abundance of omega-3 fatty acids, which may play a role in brain and joint health, as well as appetite suppression, further supporting the “satisfying” descriptor used to entice you to these recipes!⁹ Aztecs and Mayans prized these tiny black seeds for providing sustainable energy. In fact, “chia” is the ancient Mayan word for “strength.” This should come as no surprise, since just ½ cup of seeds contains 6 grams of protein and 25 percent of the daily recommended value for calcium! They're also chock full of magnesium which is beneficial for thyroid health by facilitating the production of T4 in the thyroid gland.^{10,11}

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