



Breakfast Chia Pudding

Servings: 1

Prep Time: 5min + Overnight

Cook Time: 0



Ingredients

- ¼ cup chia seeds
- 1 cup milk
- 1 tsp maple syrup
- ½ tsp vanilla coconut
- strawberries or other berries for topping

Directions

1. Place the chia seeds in an airtight container.
2. Add the milk, maple syrup and vanilla and stir to combine.
3. Cover and place in the refrigerator and let it set overnight.
4. Remove from the refrigerator and add toppings of your choice.
5. Serve and enjoy.