

Chia Pudding Variations

Makes 2 cups

What you'll need...

2 cups	sweetened & flavoured liquid
4-5 tbsp	chia seeds
Chocolate Coconut	
1 cup	coconut milk
2/3 cup	cold water
2-3 tbsp	maple syrup or honey
2 tbsp	cocoa powder
$\frac{1}{4}$ tsp	vanilla extract
pinch	sea salt
4-5 tbsp	chia seeds
Raspberries & "Cream"	
$1\frac{1}{4}$ cups	cold water
$\frac{1}{4}$ cup	raspberries
2 tbsp	soaked cashews
1-2 tbsp	maple syrup or honey
1 tsp	lemon juice
$\frac{1}{4}$ tsp	vanilla extract
4-5 tbsp	chia seeds
Blueberry Pie	
$1\frac{1}{4}$ cups	cold water

$\frac{1}{4}$ cup	blueberries
2 tbsp	hemp hearts
1-2 tbsp	maple syrup or honey
$\frac{1}{2}$ tsp	lemon juice
$\frac{1}{4}$ tsp	vanilla extract
4-5 tbsp	chia seeds
pinch	cinnamon & sea salt

What to do...

1. In blender, blitz all ingredients, except chia seeds, until smooth.
2. Add to 2-cup mason jar; sprinkle over chia seeds and mix well. Cover and shake well to mix. Chill 10 minutes then shake again to evenly distribute the seeds.
3. Chill 1-2 hours or until thickened.