

# chia seed pudding – three ways

gluten / dairy / naturally  
FRIENDLY FREE SWEETENED

## basic vanilla chia seed pudding

serves 1

### ingredients:

3-4 Tbsp chia seeds (depending on how thick you want it)

1/2 C nut mylk

1 tsp maple syrup\*

1/2 tsp vanilla extract (optional)

### OR to make a triple batch (serves 3):

3/4 C chia seeds

1 1/2 C nut mylk

3 tsp maple syrup\*

\*Item not available online but is available in your local GoodFor store.

### method:

Place all ingredients into a glass jar and stir. Put the lid on and pop in the fridge. After 10-15 minutes, stir the mixture and pop back in the fridge. This step is crucial in order for your chia seed pudding not to clump. Leave in the fridge overnight.

## berry coconut chia seed pudding

serves 1

### ingredients:

1/2 C basic vanilla chia seed pudding (see above)

1/2 C frozen raspberries (or any berries you have on hand)

4 Tbsp coconut yogurt

handful blueberries, to top

### method:

Place your frozen raspberries into a pot on medium heat and start to stir until they are thawed out but not so they get too hot – you don't want them to be hot going into your glass jar. Pour into the bottom of your glass jar then add the vanilla chia seed pudding, spoon over the coconut yogurt and top with more raspberries and blueberries.



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## whipped coffee chia seed pudding

serves 1

### ingredients:

3/4 C of basic vanilla chia seed pudding (see above)

4 Tbsp coconut yogurt

1 Tbsp instant coffee

2 Tbsp boiling water

1 tsp brown sugar or coconut sugar

### method:

Place the instant coffee, boiling water and brown sugar into a bowl. Beat or whisk vigorously for roughly 3-4 minutes or until it's light and fluffy. Spoon roughly 3/4 C of vanilla chia seed pudding into a jar. Spoon coconut yogurt over the chia seed pudding and then top with whipped coffee.

## chocolate banana butter chia seed pudding

serves 1

### ingredients:

1/2 C basic vanilla chia seed pudding (see above)

3-4 Tbsp chia seeds

1 Tbsp cacao powder

1 Tbsp maple syrup\*

pinch pink salt

1/2 C nut mylk

3 Tbsp nut butter

1/2 fresh banana or handful of dried banana chips

1 tsp bee pollen, to top

\*Item not available online but is available in your local GoodFor store.

### method:

This one is best made the night before you want to eat it. Place the cacao powder, maple syrup, salt and nut mylk into a jar and stir. Pop in the fridge with the lid on. After 10-15 minutes, stir again so there are no clumps. Leave in the fridge overnight. In the morning, place 1/2 C of the basic vanilla chia seed pudding into a jar, spoon



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over your favourite nut butter and then add the chocolate chia seed pudding. We find it's better to have a split of vanilla and chocolate chia seed pudding, otherwise it can be quite rich if it's all chocolate. Top with either fresh banana or dried banana chips and sprinkle with bee pollen.

