

Peach Chia Seed Pudding

Chia seeds have had a surge in popularity due to their protein-packed and fiber-dense nutrition. This overnight recipe uses only a handful of ingredients and makes a perfect breakfast or snack.

Ingredients

- ½ cup chia seeds
- 2-3 peaches, pitted, peeled and cut into large cubes
- 1-2 cups almond milk (or other milk substitute)
- 2 T agave nectar (or honey)
- ½ cup chopped almonds

Reserve ½ cup of chopped peaches and place the remainder in 2-cup measuring cup. You should have under two cups of peaches. Pour almond milk into the cup to fill in around the peaches to reach the 2 cup mark. Pour into blender and add one additional cup of almond milk to the blender. Add agave nectar and blend until smooth.

Transfer the blended peaches and almond milk to a refrigerator storage container or jar and add the chia seeds. Shake or stir well to fully combine. Dice up the reserved ½ cup of peaches and add to the mixture. Shake or stir to mix, cover and refrigerate overnight. Serve with chopped almonds on top to add a little crunch.

