



Strawberry Chia Seed Pudding

2 Servings

A healthy snack even the kids will enjoy!

INGREDIENTS

frozen whole strawberries (1 1/2 cups)
white chia seeds; black chia seeds will discolor the pudding
(3 tbsp.)
coconut nectar or pure maple syrup (1 tbsp.)
lemon juice (1 tsp.)
salt (pinch), optional
plain low-fat nondairy milk (1/2 cup + 2-3 tbsp.)

Chia seeds note: In this recipe the best is to use white chia seeds, as black will discolor the pudding.

INSTRUCTIONS

In a blender, combine the strawberries (fresh or frozen), chia seeds, syrup (can use coconut nectar instead), 1 teaspoon lemon juice, salt, and 1/2 cup plus 2 tablespoons of the milk. Puree until the seeds are fully pulverized and the pudding begins to thicken. (It will thicken more as it cools.) Add the extra 1 tablespoon of milk if needed to blend.

Transfer the mixture to a large bowl or dish and refrigerate until chilled, about an hour or more. (It will thicken more with chilling, but really can be eaten right away.)

NUTRITION FACTS

Per serving

Calories: 110, Fat: 3.3 g, Saturated Fat: 0.3 g, Calories from Fat: 26%, Cholesterol: 0 mg, Protein: 2.3 g, Carbohydrate: 19.6 g, Sugar: 12.2 g, Fiber: 5 g, Sodium: 135 mg, Calcium: 214 mg, Iron: 1.9 mg, Vitamin C: 68.1 mg, Beta-Carotene: 68.1 mcg, Vitamin E: 2.8 mg