

Golden Milk Chia Pudding

Serves 2

INGREDIENTS

- ¼ cup chia seeds
- 1 ½ cups milk of choice
- ¼ cup sweetener of choice (coconut nectar suggested)
- ½ tsp ground turmeric
- ¼ tsp ground ginger
- ¼ tsp ground cinnamon
- 1 teaspoon coconut oil
- 1 dash ground black pepper
- Pineapple Ginger Fusion Supernola
- Crystallized Ginger
- Pineapple

INSTRUCTIONS

1. In a jar with a lid, add all ingredients, adding sweetener to taste
2. Secure lid, and shake vigorously.
3. Place in refrigerator and let sit overnight or for at least 2 hours, shaking at least twice to make sure chia seeds don't get stuck and lumpy.
4. When ready to eat, top with Supernola, crystallized ginger and pineapple!

Superfood Highlight: Chia Seeds

- Chia seeds contain more omega-3 fatty acids than any other plant, packing more protein, fiber, calcium, magnesium, phosphorus and manganese than any other food per gram.
- They help to regulate insulin levels.
- Provide a feeling of fullness because they expand to up to 27 times their weight, so always a good idea to soak them ahead of eating!
- Chia Seed Pudding is perfect for meal prep because you can enjoy it for up to 5 days after and just take however much you want to eat every day.

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