



Chia Seed Pudding

Recipe Source: Feel Good Foodie

Servings: 1

Ingredients:

½ cup milk (almond or low-fat milk)

2 TBSP chia seeds

1 teaspoon of honey

¼ cup of blueberries, other fruit or topping of your choice

Steps:

- Put ½ cup of almond or low-fat milk in a bowl or mason jar
- Add chia seeds
- Add sweetener to taste
- Top with fruit or other toppings of choice

Nutritional Facts (Per Serving): Calories: 196, Carbohydrates: 26 grams, Protein: 8 grams, Total Fat: 8 grams, Saturated Fat: 1 gram, Cholesterol: 6 mg, Sodium: 58 mg, Fiber: 8 grams, Sugars: 15 grams.