

Chia Pudding

Chia pudding is one of the easiest snacks to make. It's nutritious, tasty, and keeps well in the fridge for up to 5 days. Not only can you prepare it with an endless range of bases (liquids), but you can also add fruits, berries, nuts or chocolate to vary the flavor.

Why chia?

Chia seeds pack protein, healthy fats, and micronutrients such as calcium, magnesium, manganese, phosphorous, potassium, and zinc.

They're also one of the most fiber-rich foods in the world.

When you soak chia seeds in liquid, the soluble fiber causes them to become gelatinous. This gelatinous mixture acts like a sponge, absorbing toxins and impurities from your digestive system.

Preparation

Making chia pudding is incredibly easy. The only thing you have to remember is to use a 4-to-1 ratio of liquid to seeds. For example, if you're using $\frac{1}{2}$ cup of chia seeds, you would add 2 cups of liquid.

1. The first step is to prepare the liquid base.

I typically start with my Homemade Almond Milk, add a splash of vanilla, and a dash of sea salt. You can also sweeten a bit with sugar or honey.

Alternately, you can use store-bought almond milk, oat milk, coconut milk, etc.*

2. Place chia seeds in a large enough bowl or pitcher. Then add the liquid slowly, while stirring with a whisk. This will keep the seeds from clumping together.
3. Let the chia rest 10-15 minutes, then give it another stir and move to the fridge overnight.

Variations

You can add all sorts of things to the chia pudding for fun and flavor. My favorites are:

Berry: Crush a handful of raspberries or blackberries with a teaspoon of raw sugar. Put berry mixture in bottom of glass and add chia pudding on top.

Chocolate Hazelnut: Add 2-3 tablespoons of raw cocoa powder to the liquid base (best to do this in a blender) before you add in the chia seeds. Then garnish the finished pudding with crushed hazelnuts, chocolate shavings, cacao nibs, and/or coconut flakes.

Passion Fruit: Use light coconut milk for the base (from cartons or plastic jugs; not cans – the canned ones have too much fat). Add passion fruit puree on top of finished pudding.**

* Because chia seeds don't have a ton of flavor, the base will determine the taste of the finished recipe. That is why choosing the right liquid is key. If your base is too watery, the chia will be tasteless. If it's too fatty (canned coconut milk), the fat will solidify in the fridge and the chia pudding will taste grainy.

** You can make passion fruit puree by scooping out the insides of fresh passion fruit and mixing with a dash of sugar, or you can buy frozen passion fruit puree.