

Pistachio-Coconut Chia Pudding



1 Cup Homemade or store-bought un-sweetened nut milk

3 T. Maple Syrup

½ tsp Cinnamon

½ Vanilla Bean or ½ tsp Vanilla Extract

A pinch of Real Salt

Mix well with small whisk and then add:

3 T. Chia Seeds.

Whisk milk with chia seeds several times before you allow the pudding to set. This pudding is best when allowed to rest over night. The Chia seeds need at least a full hour to fully hydrate and therefore become more delicate to chew. The flavors fully blend into one another as well :-)

We topped our pudding with Mango slices that had been lightly grilled with a bit of Molasses then finished it off with a bit of Toasted Pistachio and Coconut, fresh Basil and a squeeze of Lemon. It's plenty delicious and nourishing on its own, or with a few Raisins, diced Apples, and Walnuts tossed into it. :-)