

THE POWER OF CHIA PUDDING

Looking for an easy way
to sneak healthy fats into your diet?

Chia seed pudding is one tasty answer. You'll get omega-3 fatty acids — "good fats" that promote heart and joint health and aid memory. It's a perfect snack, dessert or even breakfast!



MASTER RECIPE 1 serving

1/2 cup milk (low-fat, non-fat, soy, almond, coconut, rice, hemp or other unsweetened non-dairy)

2 tablespoons chia seeds (whole, not ground)

In a small bowl, combine your chia seeds and milk of choice. Mix well. Set in the refrigerator for at least 3 hours, but preferably overnight. When you're ready to eat, give a quick stir and add any of these tempting toppings.

COCOA LOCO

1 Tbsp cocoa powder
1/4 tsp vanilla extract
pinch cinnamon
1 Tbsp maple syrup

SWEET ALMOND

1/4 tsp almond extract
pinch of cardamom
1 tsp honey
1 Tbsp sliced almonds

CHAI CHIA

1/2 tsp vanilla extract
1/8 tsp cinnamon
1/8 tsp ginger
1/8 tsp cardamom
1/8 tsp cloves
1/8 tsp black pepper
1 Tbsp maple syrup

CHOCOLATE RASPBERRY

Handful of fresh raspberries
1 tsp dark chocolate shavings
1/2 tsp vanilla extract
1 tsp brown rice syrup

PISTACHIO

1 tsp chopped pistachios
Two drops rosewater
Pinch of cinnamon
Pinch of cloves
1 tsp honey

MANGO-BLUEBERRY

1/4 cup diced, fresh mango
Handful of blueberries
1/2 tsp vanilla
1 tsp shredded unsweetened coconut
1 tsp raw honey

NUTRITION INFO:

Serving: 2 tablespoons chia seeds (28g) with 1/2 cup (120ml) unsweetened almond milk, Calories 152*. Fat 10g, protein* 5g, fiber 11g.

*Total calories, protein and fat will be higher if made using a higher-fat milk as well as for flavors including chocolate and nuts.

DID YOU KNOW?

Yes, we ARE talking about those same ones of 1980s Chia Pet fame. Chia seeds come from a Mexican plant in the mint family.

Learn more at: clevelandclinic.org/HealthHub