

Chia Seed Pudding Recipes

The Super Power of a Super Seed



Chia seeds are like a little miracle provided by nature! The tiny white and black seeds are a powerhouse of nutrition. When comparing a 100 gram serving of chia to 100 gram serving of another nutrient rich source, chia seed provides:

- **8X more omega 3 than salmon**
 - **5X more calcium than milk**
 - **7X more vitamin C than oranges**
 - **3X more iron than spinach**
 - **2X more potassium**
- ...and the list goes on.

A perfect balance of protein, carbohydrates, good fats, and fibre supplies the nutrition necessary to balance blood sugar, boost energy and metabolism, and regulate the bowels. It aids in weight loss through its swelling action in the stomach to keep you full and satisfied. Studies have shown benefits to heart health, digestion, and diabetes! Here is a delicious, easy way to work chia seeds into your daily diet.

Basic Chia Pudding Recipe

3 cups almond milk
1/2 to 3/4 cup chia seeds
1-3 tbsp of pure maple syrup,
or to taste

Whisk the almond milk, chia seeds, and syrup together. Let sit for 5-10 minutes and then whisk again (this just helps prevent clumping).

Cover and chill in the fridge for 3 hours, or overnight.

Portion into bowl(s) or jars and add your desired toppings. Leftovers will keep in an airtight container in the fridge for 3 to 5 days.

Sources:

<http://www.foodmatters.com/article/chia-seeds-for-protein-and-omega>

<http://ohsheglows.com/2015/07/22/basic-chia-seed-pudding/>

Have fun with flavours while boosting your nutrition!



Triple Berry

1/2 cup of strawberries, raspberries, and blueberries and blend with almond milk before preparing.
Garnish with a dollop of Greek yogurt and fresh berries



Chocolate Peanut Butter Cup

3 tablespoons cocoa powder
1 teaspoon vanilla extract
2 tablespoons peanut butter or almond butter
Top with banana



Pumpkin Spice

1 cup of pumpkin puree
1 tsp pumpkin spice
1 tsp vanilla extract
Top with hemp seeds