

# 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 a 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 than banana
- and so much more...

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

2 cups coconut milk  
½ cup chia seeds  
½ tsp vanilla extract  
¼ cup maple syrup or sweetener and amount of choice  
¼ tsp cinnamon optional

Blend all ingredients except chia seeds. Add in chia seeds. Place in the refrigerator for at least 4 hours or overnight to let gel. Shake or whisk a few times within the first hour to help it gel evenly. Keep leftovers in the fridge for 3 to 5 days.

Sources:

<http://www.foodmatters.com/article/chia-seeds-for-protein-and-omega>  
<https://wellnessmama.com/59344/chia-seed-pudding/>

Have fun with flavours while boosting your nutrition!



### Triple Berry

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



### Chocolate Peanut Butter Cup

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



### Pumpkin Spice

1/2 cup of pumpkin puree  
1/2 tsp pumpkin spice  
1/2 tsp vanilla extract  
Top with hemp seeds