

Chia Seed Pudding Recipes

As always, my recipes are merely suggestions. Feel free to add more of one ingredient or another based on what you love most.

For a thicker pudding add more chia seeds, for a thinner one, add more milk.

Use any type of milk you love most. Or use a mixture of milk & yogurt.

Always enjoy & have fun!
As long as you use ingredients you love, you can't mess up a chia seed pudding!

Banana Chia Pudding

Ingredients

Pudding

- 2 -3 TBL chia seeds
- 1 cup milk.
- 1/3 cup mashed banana
- 1 TBL maple syrup or honey
- 1/4 tsp vanilla extract
- 1/2 tsp powdered cinnamon

Optional Toppings

- Chopped walnuts
- Shredded coconut
- Mini chocolate chips
- Sliced banana
- Granola

Directions

1. Mix all ingredients together in a mason jar or other jar with a lid
2. Put in the fridge for a few hours or optimally, overnight.
3. Add whatever toppings sound good to you.

Notes

Make several of these for a quick breakfast on your way out the door.





Pumpkin Pie Spice Chia Pudding

Method

Ingredients

- 1 cup milk
- 2 TBL maple syrup or honey
- 3 TBL of pumpkin or other winter squash puree
- 1/2 tsp pumpkin pie spice
- 1/2 tsp vanilla extract
- a pinch of fine salt
- 3-4 TBL chia seeds

Topping Ideas

- Chopped walnuts or pumpkin seeds
- Dash of cinnamon or nutmeg
- Whipped cream
- Additional puree
- Granola

1. In a medium bowl, mix all ingredients together, except the chia seeds.
2. Whisk in the chia seeds.
3. Allow the mix to sit for 30 min. Mix every 10 min or so to ensure you don't have a dry ball of seeds in the middle.
4. Cover bowl or separate into serving containers with airtight lids and refrigerate from 3 hrs to overnight.
5. Top with garnishments of your choice.



Cacao Chia Pudding

ingredients

- 1 cup milk
- 2 TBL maple sugar or honey
- 1/4 tsp coconut extract.
- 1 pinch fine salt
- 2 TBL cacao or cocoa powder.
- 3-4 TBL chia seeds

directions

1. In a medium bowl mix everything together except the chia seeds.
2. Mix well until completely blended.
3. Whisk in the chia seeds.
4. Let mixture set for 30 min, stirring every 10 min or so to ensure you don't get a dry clump of seeds in the middle.
5. Cover and refrigerate from 3 hrs up to overnight.
6. Top with your favorite toppings.

Topping suggestions:

Chopped walnuts or almonds
Shredded coconut

Blueberry and lemon are my chocolate. I could live without chocolate pretty easily. But I truly love me some lemon and blueberries!! Enjoy.

ingredients

- 1 Cup of milk
- 2 TBL maple syrup or honey
- 1/2 tsp lemon zest
- 2 tsp Lemon juice
- 1/4 cup chia seeds.
- Up to 1 Cup frozen blueberries, divided.

Topping suggestions

Top with nuts, additional lemon zest or whole fresh berries.

Blueberry Lemon Chia Pudding

directions

1. Divide about 3/4 cup of the frozen blueberries to thaw.
2. Put the remaining 1/4 cup aside separately to thaw.
3. Mix together the milk, sweetener, lemon juice & lemon zest together. Mix well.
4. Add 3 1/2 TBL of the chia seeds together with the mixture in #3 above.
5. Add the remaining 1/2 TBL chia seeds with the 1/4 cup thawing blueberries in #2 above.
6. All both mixtures to set at least 30 min, stirring the lemon mixture every 10 minutes or so.
7. Cover and refrigerate the lemon mixture for about 3 hours.
8. Using a fork, mash the blueberry and chia seed mixture together.
9. In serving dishes, add the thawed blueberries to the bottom of the bowl. Top with the lemon chia pudding mixture. Finally top off with the blueberry/chia seed mixture (which I have heard referred to as "jam").
10. Garnish if you wish and serve.



Vanilla Matcha Chia Pudding



Ingredients

1 cup milk
2 TBL maple syrup or
honey
1/2 tsp vanilla or coconut
extract
Pinch fine salt
1-2 tsp matcha powder
3-4 TBL chia seeds

Method

1. In a medium bowl, mix together all the ingredients except the chia seeds.
2. Mix until well blended.
3. Mix in the chia seeds.
4. Let the mixture sit for 30 min, stirring about every 10 min to avoid dry clumps of seeds in the middle.
5. Cover and refrigerate for 3 hrs up to over night.
6. Garnish with berries or nuts.

Full Disclosure: I'm not a Matcha fan, so this recipe comes from Mountain Rose Herb.