

# Berry Chia Seed Pudding

**Ingredients:**

- ½ cup chia seeds
- 2 cup almond milk
- 2 cup fresh fruit (strawberries, blueberries, mangos)
- ½ cup nuts and seeds (chopped almonds, walnuts, hazelnuts)
- 1 teaspoon vanilla extract
- ¼ teaspoon cinnamon
- Stevia sweetener to taste

**Instructions:**

1. In a medium bowl, stir chia seeds and almond milk. Cover and set in fridge.
2. Leave for 45minutes – 1 hour. Stir the chia seed pudding. Break apart clumps.
3. Top with fruit, nuts, and seeds! Add sweetener to taste, and enjoy!

**Prep Time:** 2 minutes

**Chilling time:** 20 minutes

**Equipment:**

- Mixing bowl
- Mixing spoon

**Servings:** 2

**Serving Size:** 1 bowl



<b>Nutrition Facts:</b>	172	6 g	1g Saturated	26g	4g	6 g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	17g	61m				
	Sugar,	g Sodium.				

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
 For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.