



Blackberry Chia Pudding

2 servings

25 minutes

Ingredients

1 cup Unsweetened Almond Milk
1 cup Blackberries
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract
1/4 cup Chia Seeds

Directions

- 1 Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
- 2 Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
- 3 Top with additional blackberries if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Granola, nuts, seeds, yogurt.

Nut-Free: Use oat milk or coconut milk instead of almond milk.