



Turmeric Chia Pudding

2 servings

3 hours 5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Ginger (optional)
- 1 tbsp Maple Syrup
- 1/4 cup Chia Seeds

Directions

- 1 Combine the almond milk, turmeric, cinnamon, ginger, and maple syrup in a mixing bowl. Stir in the chia seeds. Refrigerate for at least three hours or until chilled and chia seeds have set.
- 2 Stir well then divide between bowls or jars. Enjoy!

Notes

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

Nut-Free: Use a nut-free milk like cow's milk, coconut milk, or oat milk.

More Flavor: Add vanilla extract, cardamom, nutmeg, or a pinch of black pepper.

No Maple Syrup: Use honey or another sweetener of choice instead.