Almond Butter & Jam Chia Pudding

2 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Chia Seeds
1 cup Unsweetened Almond Milk
1 cup Raspberries
2 tbsps Almond Butter

DIRECTIONS

01 In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.

02 In a small bowl, mash the raspberries until they resemble jam.

03 Layer the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate covered for up to five days.

NUT-FREE

Use coconut milk instead of almond milk. Use sunflower seed butter instead of almond butter.

MORE PROTEIN

Add a scoop of protein powder to the milk mixture before setting. Whisk to fully incorporate with the seeds and milk.

ADDITIONAL TOPPINGS

Add cacao nibs for crunch.

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