

Chia Pudding/Parfait

2 cups Almond Milk or Coconut milk (1 can is good, just decrease chia to 4 tbsp)

6 tbsp whole chia seeds

1 tbsp maple syrup optional

(Approx - 4 - 6 servings)

Place all ingredients in a glass jar or bowl, cover and shake WELL. Place in fridge over night.

In the morning it should be thick like pudding.

Top with $\frac{1}{4}$ - $\frac{1}{2}$ cup fruit (berries, pears....), and $\frac{1}{4}$ cup hemp seeds (less for kids).

Optional: top with nuts and seeds (walnuts, pecans, sunflower seeds, pumpkin.....).