



From the Kitchen of Executive Chef Jessica VanRoo

Chia Fruit Pudding

Serves 2

252 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

This cool, refreshing pudding cup is an easy make-ahead breakfast option that is loaded with calcium and fiber to start the day right. Chia seeds may be tiny, but they are nutritional giants: high in fiber, omega 3 fats, antioxidants, iron and calcium. They not only increase fullness, but also help to reduce inflammation and improve bone strength.

Total cost: \$2.99/\$1.50 per serving

Ingredients

- 3/4 cup of your milk of choice (Thicker, creamier milks like whole milk or full-fat coconut milk will be richer.)
- 1/4 cup chia seeds
- 1-2 tablespoons of maple syrup, agave or honey to taste
- 1/2 of one banana
- 1/2 cup of berries of your choice
- Mint as garnish (optional)

Instructions

1. In a bowl, combine milk of choice with chia seeds and sweetener. Mix well.
2. Cover and refrigerate for at least 2 hours, preferably overnight.
3. Before serving, mix the pudding, adding more milk to thin out or chia seeds to thicken.
4. Add fruit, mint leaves and serve.
5. You can also try different flavor options, such as cacao powder to make a chocolate-flavored pudding.