

CHA CHA CHA CHIA PUDDING

These are delicious and easy, healthy & satisfying snacks to have made up and grab anytime. On the go or as a meal. They store well in the refrigerator for at least 4 or 5 days. This is a 2 serving recipe.

1 cup coconut milk (Use the **can whole fat coconut milk** for a rich and creamy desert)
2 ½ Tablespoons **Chia Seeds**
2 Tablespoons **maple syrup**
½ teaspoon **cardamom powder or cinnamon powder**
1 teaspoon **vanilla**
Scant **sea salt**

Toppings:

Fresh fruit of choice
Chopped nuts and seeds
Shredded coconut
Cacao nibs
Granola

Directions: Add all ingredients into a large wide mouth mason jar, or bowl with tight lid. Mix until the ingredients are blended well. Let rest about 5 minutes or so and blend again. (Chia gels and swells. This step ensures the seeds mix evenly without clumping.)

Layer whatever fruit you would like with the chia pudding, then top with fruit or whatever you would like. For this demonstration, we are using **Strawberries, Blueberries, Blackberries, Chopped Walnuts, Coconut and Cacao nibs and Fresh Mint Leaves.**

You can also just fill the cups with the chia pudding and top when you pull them out of the fridge.

Benefits of Chia Seeds: Chia seeds are an excellent source of fiber, that can improve heart health, reduce cholesterol levels and promote intestinal health. Fiber takes longer to digest and makes you feel satisfied longer, which is how it can help with weight loss, and decrease your risk of developing heart disease and type 2 diabetes.

Chia seeds are full of omega-3 Essential Fatty Acids (EFAs), in fact they have the most omega-3s of any of the seeds. **Chia also provides the body with vitamins A, B, E and D** and other nutrients beyond calcium, iron, magnesium, potassium and phosphorus. Exceptional for bone and muscle health.



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