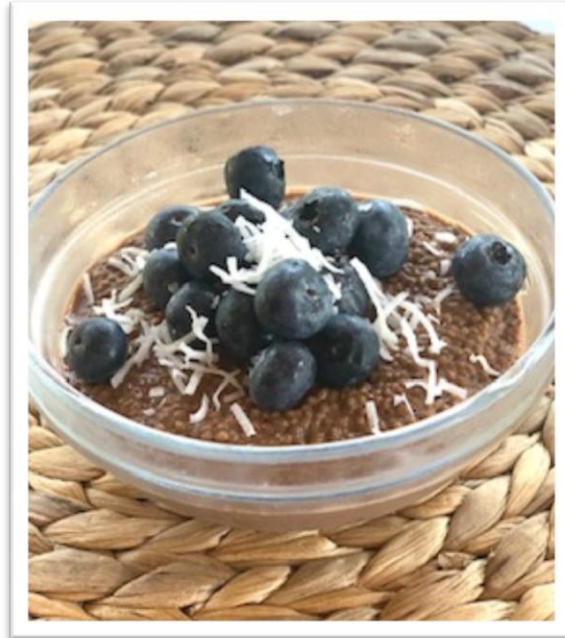


Chocolate Chia Breakfast Pudding



Ingredients

½ cup chia seeds
1 ½ cup milk
¼ cup cacao powder
1 tsp vanilla
2 tbspn maple syrup

Place all ingredients in medium sized bowl and whisk together. If you prefer a smoother style, place all ingredients in blender and blend for a few seconds until desired consistency is achieved.

Divide mixture between 4 serving dishes or containers, cover & store in fridge overnight before consuming.

Serving idea ... place chopped berries in bottom of serving container before dividing between containers. Or serve with extra berries on top.

Note ... use your choice of milk. I used almond milk.