Chia Pudding!

Prep time **10 minutes**

Ready in **8 hours**

Serves **2 people**

Ingredients

- ⅓ cup chia seeds
- 2 cups coconut milk
- 1 tablespoon maple syrup
- Yummy toppings (see *Tips* section)

Preparation

1. **In a medium bowl, wisk chia seeds, coconut milk, and maple syrup until well combined.**
2. **Cover and store in refrigerator overnight**
3. **Remove from the refrigerator when you are ready to eat it. Top with yummy ingredients**

Tips

I usually like to top my chia puddings with berries, banana, coconut flakes, chopped almonds, chocolate chips, jam, granola or whatever else I find interesting in my house. You can also substitute coconut milk for almond milk, water, rice milk, regular milk, or pretty much any liquid. The maple syrup can be substituted for honey or even just sugar. The ratios in this recipe can be changed for personal preference. For example if you like a thicker pudding, add another couple tablespoons chia seeds, thinner add more liquid, sweeter add more syrup, etc.