

## Cinnamon-Spiced Chia Pudding

Prep Time: 10 minutes + overnight set time | Cook Time: 0 minutes

Servings: 4 | Serving Size: About 1/2 cup

*Chia seeds are a powerful superfood with healthy omega fats and energy boosting properties. They are packed with fiber and protein and make for a perfect snack before or after a workout. Plus, cinnamon has been shown to help balance blood sugar and reduce cravings for sweets. This is a great “substitute” for dessert or a sweet snack!*



### Ingredients:

2 cups unsweetened almond milk or coconut milk  
5-10 drops liquid stevia  
1 teaspoon vanilla extract  
1 teaspoon cinnamon  
½ teaspoon ground ginger  
6 tablespoons chia seeds

### Optional Toppings:

¼ cup shredded unsweetened coconut  
¼ cup raw walnuts, chopped  
Fresh berries\*\*

### Directions:

1. Combine milk, stevia, vanilla, cinnamon, ginger in a small bowl and whisk vigorously until well combined and smooth.
2. Place chia seeds in a bowl or large mason jar and pour almond milk mixture on top, then stir well.
3. Allow mixture to sit for 1 minute and stir again, then let it sit for 10 minutes and give it one more good stir.
4. Cover bowl with plastic wrap or seal mason jar with lid and place pudding in the fridge to set overnight or for at least 6 hours.
5. Stir in the morning and enjoy pudding by itself or with desired toppings.

### Tips and Tricks:

This keeps well in the fridge for about 3-4 days. I like to make a batch at the beginning of the week and scoop out a snack when I'm craving something sweet!

\*\*Adding berries will add more sugar to this meal and can increase your cravings for more sugar later in the day, so if you choose to add these, keep it to a small amount. Example: 2 strawberries, sliced or 6 blueberries.

### Nutritional Information Per Serving: (Calculated with no toppings)

**Calories: 110.3**  
**Fat: 8.0 g**  
**Cholesterol: 0.0 mg**  
**Sodium: 90.3 mg**  
**Total Carbohydrate: 9.3 g**  
**Dietary Fiber: 8.3 g**  
**Sugars: 0.2 g**  
**Protein: 5.0 g**