

Blackberry Chia Pudding

2 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 cup Blackberries
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract
1/4 cup Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	194	Carbs	24g
Fat	10g	Protein	6g

DIRECTIONS

- 01 Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
- 02 Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
- 03 Top with additional blackberries if desired. Enjoy!