

Zesty Lemon Chia Pudding

4 SERVINGS 4 HOURS



INGREDIENTS

3 1/2 cups Unsweetened Almond Milk
1/2 cup Lemon Juice
2 tbsps Maple Syrup (or honey)
2 tsps Vanilla Extract
1 cup Chia Seeds

DIRECTIONS

- 01 In a large bowl, combine the almond milk, lemon juice, maple syrup and vanilla extract. Whisk in the seeds and mix well. Let sit in the fridge overnight or for at least 4 hours.
- 02 To serve, divide between bowls or mason jars. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	304	Carbs	30g
Fat	18g	Protein	9g