

Flaxseed Pudding

8 SERVINGS 1 HOUR



INGREDIENTS

2 cups Ground Flax Seed
3 cups Unsweetened Almond Milk
2 tbsps Maple Syrup
1 tbsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	166	Carbs	13g
Fat	10g	Protein	6g

DIRECTIONS

- 01 Combine all of the ingredients in a large container and mix well. Refrigerate for at least one hour or until the ground flax has set.
- 02 Stir well, top with cinnamon and divide into cups or containers if on-the-go. Enjoy!