RECIPE

Blueberry Chia Pudding

A make-ahead breakfast of chia seeds set in almond milk and Greek yogurt, topped with blueberries and walnuts, with just 2 teaspoons of maple syrup for four.

MAKES

4 servings US Metric

TOTAL

4 h 15 min

Ingredients

- [ ] 2 cups unsweetened almond milk
- [ ] ½ cup chia seeds
- [ ] ¾ cup plain nonfat Greek yogurt
- [ ] 2 tsp maple syrup
- [ ] 1 tsp ground cinnamon
- [ ] 1 tsp vanilla extract
- [ ] 2 cups fresh blueberries, for topping
- [ ] ⅓ cup chopped walnuts, for topping

Method

1. Whisk the almond milk, Greek yogurt, maple syrup, cinnamon and vanilla in a bowl until smooth, with no yogurt lumps.
2. Whisk in the chia seeds. Let the bowl sit 10 minutes, then whisk again, scraping the bottom, so the seeds do not settle in clumps.
3. Cover and refrigerate at least 4 hours, or overnight, until it is thick like a soft pudding. If it is too stiff in the morning, stir in 1 tablespoon of water at a time.
4. Stir well, then spoon into 4 jars or bowls, about ¾ cup each.
5. Top each with ½ cup blueberries and 1½ tablespoons chopped walnuts (about 10 g), from the 40 g.