



Berry Almond Butter Chia Pudding

SERVINGS: 4

PREPPING TIME: 15 MINS

TOTAL TIME: 15 MINS

INGREDIENTS

FOR THE BASE:

- 2 CUPS UNSWEETENED PLAIN ALMOND MILK
- ¼ CUP DRIPPY CREAMY ALMOND BUTTER
- 1 ½ TO 2 TABLESPOONS PURE MAPLE SYRUP, OR TO TASTE
- ¼ TEASPOON GROUND CINNAMON
- 1 TEASPOON VANILLA EXTRACT
- ½ CUP CHIA SEEDS

FOR SERVING:

- ¼ CUP ALMOND BUTTER
- 1 CUP OF YOUR PREFERRED BERRIES SUCH AS:
 - BLUEBERRIES
 - STRAWBERRIES
 - RASBERRIES
 - BLACKBERRIES

DIRECTIONS

FOR THE BASE:

- ADD THE ALMOND MILK, ALMOND BUTTER, MAPLE SYRUP, CINNAMON AND VANILLA TO A BLENDER. PROCESS UNTIL SMOOTH AND WELL COMBINED (ABOUT 30 SECONDS).
- POUR THE MIXTURE INTO A MEDIUM BOWL, THEN WHISK IN THE CHIA SEEDS.
- LET THE MIXTURE REST FOR ABOUT 8 TO 10 MINUTES, THEN WHISK AGAIN UNTIL ALL THE CLUMPS HAVE SMOOTHED OUT.
- COVER AND REFRIGERATE OVERNIGHT.

FOR SERVING:

- STIR THE PUDDING.
- TASTE AND ADJUST THE MAPLE SYRUP AS NEEDED.
- DIVIDE BETWEEN FOUR SMALL CONTAINERS OR BOWLS
- TOP EACH WITH 1 TABLESPOON ALMOND BUTTER AND ¼ CUP OF PREFERRED FRESH BERRIES