

## Chia Pudding

**Serves:** 1

**Prep time:** 10 minutes

**Chill time:** 8 hours or overnight



1 serve per portion

### Ingredients

$\frac{2}{3}$  cup milk

2 tablespoons chia seeds

1 teaspoon honey

$\frac{1}{4}$  teaspoon vanilla extract

1 cup chopped fruit – e.g. strawberries, berries, banana, pear, mango, peach



Everyday Food

### Method

ADD the milk, chia seeds, honey and vanilla to a small jar or glass. Stir to combine.

COVER and chill in fridge for 8 hours or overnight to thicken.

SERVE with chopped fruit.

*\*You can add other toppings to your chia pudding for a bit of crunch such as slivered almonds, nut and seed mix or shredded coconut.*

*Recipe courtesy of the Country Kitchens team*