

# Berry Chia Pudding



Prep Time: 5 minutes    Total Time: 2 Hours Set Time    Yield: 2 servings

## Ingredients:

- $\frac{1}{2}$  cup berries of choice (raspberries used here)
- 1 cup plant-based milk (soy used here)
- 1 tsp maple syrup
- 3 tbsp chia seeds
- 1 cup vegan yogurt



## Instructions:

1. Combine the berries, maple syrup and plant-based milk in a blender until smooth.
2. Transfer the berry milk to a bowl, and stir in the chia seeds. Allow to set in the fridge for at least 2 hours.
3. Serve with vegan yogurt or as a delicious topping to oatmeal. Store in the fridge for up to 3 days.