

CHIA SEED PUDDING

INGREDIENTS

- ½ cup **fortified soy milk**
- 2 tablespoons **chia seeds**
- 1 teaspoon **honey** (see Notes)
- Optional: **slices of apple banana, mango, or papaya**

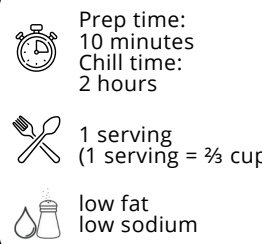
DIRECTIONS

Always practice food safety when cooking.

- 1) Add soy milk, chia seeds, and honey to a small cup, jar, or serving bowl.
- 2) Mix ingredients together. Allow mixture to sit for a couple of minutes then mix again.
- 3) Place mixture into the refrigerator. For best results, leave the chia mixture in the refrigerator for at least 2 hours. It can also be made the night before for an overnight chia pudding.
- 4) Optional: Before serving, top the pudding with slices of apple banana, mango, papaya, or any other fruit.

NOTES

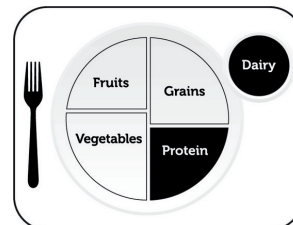
- Honey is not recommended for children under 12 months old.
- Low-fat or non-fat dairy milk can be substituted for soy milk.
- Cocoa powder can be mixed in with the soy milk, chia seeds, and honey.



Prep time:
10 minutes
Chill time:
2 hours

1 serving
(1 serving = ⅔ cup)

low fat
low sodium



Nutrition Facts	
1 servings per container	
Serving size 2/3 cup (150g)	
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 21g	8%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 251mg	20%
Iron 2mg	10%
Potassium 271mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.