



Chia Pudding

Serves 2

- 2/3 cup chia seeds
- 2 cups almond milk
- 1 tablespoon agave or sweetener of choice
- 2 teaspoons vanilla extract
- 1/8 teaspoon cinnamon, if desired

1. Mix chia seeds well with almond milk and let soak 15 minutes.
2. Stir chia mixture with a fork to break up any lumps and let rest another 10 minutes.
3. Add agave and vanilla and stir in until well blended.
4. Spoon into two serving dishes and let firm up overnight in the refrigerator.

- From Live Raw by Mimi Kirk



SUBSCRIBE
TO OUR MONTHLY NEWSLETTER

www.primehealthstyle.com
sue@primehealthstyle.com
(203) 984-8463



Find us on
Facebook