



Makes 4 cups
Cook Time: 1 hours 10 minutes

INGREDIENTS:

1 cup unsweetened almond milk
¼ cup chia seeds
2 tablespoons pure maple syrup
½ teaspoon ground cinnamon
½ teaspoon vanilla extract
1 cup strawberries, sliced into ½-inch pieces

Chia Pudding with Strawberries

Just a little bit of maple syrup, vanilla, and cinnamon make this simple chia pudding [recipe](#) totally delicious. Sliced fresh strawberries add bright color and flavor, but just about any fresh fruit would work well with this dessert.

By Darshana Thacker Wendel

- 1 In a blender or food processor combine the almond milk, chia seeds, maple syrup, cinnamon, and vanilla. Cover and blend or process 1 minute. Transfer mixture to a bowl. Cover and chill at least 1 hour.
- 2 To serve, stir chilled pudding, and serve topped with strawberries.