Strawberry Chia Pudding

Prep Time	10 mins
Total Time	4 hrs
Meal Type	Breakfast,Lunch,Dinner,Snack,Side
Contributed By	LivingPlate Rx
Source	Living Plate Teaching Kitchen
Servings	4

Quick Strawberry Jam

Ingredients | lb,c | g,ml |

- 3 cups strawberries, fresh, *chopped* (or frozen)
- 2 Tbs maple syrup
- 4 Tbs chia seeds

Directions

Prep

1. Hull and chop strawberries

Make

1. Add strawberries and maple syrup to a small saucepan.
2. Simmer until the fruit breaks down, then bring to a boil and simmer fo an additional 10-15 minutes until fruit is soft and the mixture is thickened.
3. Stir in chia seeds and set aside to cool.

Chia Pudding

Ingredients | lb,c | g,ml |

- 1 3/4 cups Coconut Milk, unsweetened (or other milk)
- 1/2 cups chia seeds
- 2 Tbs maple syrup
- 2 tsp vanilla extract

Directions

Make

1. Add all ingredients to a mason jar fitted with a lid and shake to combine. Set aside for 10 minutes.
2. Shake or stir again. In separate serving. jars, layer chia pudding with cooled strawberry jam and place in the refrigerator for 4 hours or overnight.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories 277 per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 12.8g	19%	**Total Carbohydrates** 37g	12%
Saturated Fat 2.9g	14%	Dietary Fiber 14g	55%
Trans Fat 0.0g		Total Sugars 19g	
Cholesterol 0mg	0%		
Sodium 19mg	0%	**Protein** 6g	

* The percent Daily Value (DV) 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.

Vitamin D 53mcg 525% · Calcium 277mg 27% · Iron 3mg 17% · Potassium 316mg 6%

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