



Triple Spice Chia Pudding

Prep Time 5 mins
 Total Time 4 hrs
 Meal Type Breakfast, Snack, Side
 Contributed By



Source Living Plate Teaching Kitchen

Servings 2



Ingredients

lb,c g,ml

- 1 cups almond milk, unsweetened
- 1 tsp vanilla extract
- 1 Tbs maple syrup (or other sweetener)
- 1/2 tsp cinnamon
- 1/4 tsp cloves
- 1/4 tsp nutmeg
- 1/3 cups chia seeds
- 1/4 cups walnuts, raw, *chopped*

Directions

Make

1. Add all ingredients to a mason jar with a tight fitting lid. Shake vigorously to combine.
2. Let sit for 10 minutes then shake again [this prevents chia seed from settling to bottom].
3. Place in refrigerator overnight or for at least 4 hours.
4. Serve with chopped walnuts.

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	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 19.5g		30%	Total Carbohydrates 23g
Saturated Fat 2.0g		10%	Dietary Fiber 12g	49%
Trans Fat 0.0g			Total Sugars 7g	
Cholesterol 0g		0%	Protein 8g	
Sodium 8g		0%		
Vitamin D 0g 0% · Calcium 235g 23% · Iron 3g 16% · Potassium 225g 4%				

* 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.

- Show all nutrients -