

Chia Seed Pudding

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chia-seed-chinese-recipe>

Ingredients:

- 2 cups milk almond, rice, soy or cow's milk
- 1/4 cup honey maple syrup or agave
- 2 teaspoons vanilla extract
- 1/2 cup chia seeds

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 10 milligrams
4. Fat: 10 grams
5. Fiber: 5 grams
6. Protein: 9 grams
7. SaturatedFat: 2 grams
8. Sodium: 95 milligrams
9. Sugar: 25 grams

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