

# INGREDIENTS

- 2 Tbsp of Chia Seeds
- ½ cup of Almond Milk
- 1 Tbsp of Honey
- 1 Tbsp of Pure Almond Butter
- 1 Tbsp of Sliced Almonds

Topping - your choice, suggestions:

- Blueberries
- Strawberries
- Shredded Coconut
- Kiwi Fruit

# INSTRUCTIONS

- 1.Place chia seeds, milk, almond butter and honey in a mason jar or large glass.
- 2.Stir the mixture and let sit for 5 mins, then stir again.
- 3.Place in the fridge for at least 1 hour, overnight is best.
- 4.Top with your choice of fruit. and almond slices.

Store in an air-tight container in the fridge for 5-7 days.



## Almond Chia Pudding



Makes 1



10 minutes + Chilling

Chia Puddings are already healthy but making them with almond products really boosts those nutritional benefits and is a great start to the day.

If you are making it as a dessert, switch the pure almond butter for the chocolate almond butter, top with a tsp or two of crunchy almond butter and shave over your favourite chocolate.

Tip: Froth some almond milk before adding topping to give it a professional look

