



Pumpkin Spice Chia Pudding

2 servings

30 minutes

Ingredients

48 grams Chia Seeds
180 milliliters Unsweetened Almond Milk
61 grams Pureed Pumpkin
850 milligrams Pumpkin Pie Spice
28 grams Unsweetened Coconut Yogurt (divided)

Directions

- 1 In a large bowl, combine the chia seeds with the almond milk, pumpkin and pumpkin pie spice. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the coconut yogurt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

No Almond Milk: Use coconut, cashew, hemp or oat milk instead.

Likes it Sweet: Add a drizzle of maple syrup or honey on top.

Additional Toppings: Top with nuts, seeds, fruit of choice, additional coconut yogurt and pumpkin pie spice, and garnish with a cinnamon stick and star anise.

More Protein: Add a scoop of collagen or protein powder when you add the chia seeds and stir to combine.