



# Nourishing Chia Pudding

## INGREDIENTS

\*All ingredients organic

- 2 cups plant milk
- 6 tablespoons chia seeds
- Local raw honey
- Cinnamon
- Vanilla extract
- Banana
- Blueberries
- 1 tsp or big pinch of Himalayan salt

## DIRECTIONS

1. Combine almond milk, chia seeds, honey, vanilla extract, cinnamon, and all other health goods in a blender, blend until smooth. Pour into large bowl or pre-served jars. Top as you wish!
2. Chill until set, **8** hours to overnight. Serve chilled.

