

Nut Butter & Jam Chia Pudding

Maybe it was nostalgia for simple times or perhaps it was the comfort appeal, but this recipe won my attention this week and I'm glad it did. What a treat!

Adapted from Minimalist Baker

Ingredients for 2 Servings

COMPOTE

- 1 cup blueberries (frozen or fresh)
- 1 Tbsp orange juice
- 1 Tbsp chia seeds

Combine blueberries and orange juice in a small skillet. Warm over medium-high heat until bubbling. Cook until blueberries begin to collapse. Remove from heat and add chia seeds. Stir well.

Divide the compote between two small serving dishes and set in the refrigerator to chill.

PUDDING

- 1 cup unsweetened plain almond milk
- 1/2 cup coconut milk
- 1 tsp vanilla
- 1-2 Tbsp maple syrup
- 3 Tbsp of nut butter with salt, or add a pinch of salt to the mixture
- 1/3 cup chia seeds
- Fresh blueberries for topping

Pour almond and coconut milk into a blender, adding vanilla, maple syrup, and nut butter. Blend on high to fully combine. Taste and adjust flavors as needed, adding more maple syrup

for sweetness.

Add chia seeds and pulse only a moment to leave chia seeds whole.

Transfer to a jar and set in the fridge to begin chilling.

Once slightly thickened divide the pudding mixture between the two dishes with the berries. Return to fridge and allow to sit 2 hours or overnight. Top with remaining blueberries and extra nut butter if you like.