

Super Seeded Chia Breakfast Pudding

While I continue to eat my cleansing meal of fruit first thing each morning, the cold of winter often brings a desire for something more. When I came across the recipe that inspired this substantial Seeded Chia Pudding, a new tradition was born! The fact it makes itself overnight makes it a win-win solution.

Ingredients

- 1 can organic coconut milk, then refill the can with the organic nut milk of your choice
- 6 T chia seeds
- 3 T ground flax seed
- 3 T whole hemp seeds
- 3 T sunflower seeds
- 3 T pumpkin seeds
- 3 T flaked coconut
- 1 t cinnamon
- 1/2 t vanilla
- Splash of maple or date syrup, optional

Directions

Mix together with a wire whisk, cover and refrigerate overnight. Serve in the morning topped with berries, diced apples, mango or citrus.

Enjoy!