

# Persimmon Chia Pudding

**Portions: 4**

**Ingredients:**

**For the Chia Pudding**

- 2 cups almond or organic soy milk
- 1/2 cup chia seeds
- 1 1/2 teaspoons vanilla extract
- 1 tablespoon pure maple syrup
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground cardamom

**For the Persimmon Cream**

- 3 very ripe persimmons
- 1/4 teaspoon ground cinnamon



\*GLUTEN-FREE



**To Make the Vanilla Chia Pudding**

1. Add nut milk, chia seeds, vanilla bean seeds or extract, maple syrup, cinnamon, and cardamom to an airtight container. Whisk and refrigerate overnight or for at least 8 hours.

**To Make the Persimmon Cream**

1. Once your chia pudding is ready, de-stem your persimmons and add them to a food processor along with the cinnamon and process into a smooth cream.
2. In four small glasses or two larger glasses, create layers of chia pudding and persimmon cream starting with the pudding.
3. Try making 6 layers with 3 layers of pudding and 3 layers of the persimmon cream
4. Garnish with sprinkle of cinnamon or chia on top!

Enjoy and refrigerate leftovers!

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 11g	44%
Sugars 17g	
<b>Protein 10g</b>	
Vitamin A 20%	Vitamin C 25%
Calcium 15%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	30g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	