

Creamy Pumpkin Spice Chia Pudding

Ingredients:

1/4 cup chia seeds
 1 cup unsweetened almond milk (or any non-dairy milk)
 1/2 cup pumpkin puree
 2 tablespoons maple syrup
 1/2 teaspoon vanilla extract
 1/2 teaspoon ground cinnamon
 1/4 teaspoon ground nutmeg
 1/3 teaspoon ground ginger
 Optional toppings: coconut flakes, chopped nuts, extra cinnamon



Servings: 4

Instructions:

1. In a bowl, whisk together coconut milk, pumpkin puree, maple syrup, vanilla extract, and spices until well combined.
2. Add chia seeds and whisk again until evenly distributed.
3. Let the mixture sit for 5 minutes, then whisk again to break up any clumps of chia seeds.
4. Cover the bowl and refrigerate for at least 4 hours or overnight, until the pudding has thickened to your desired consistency.
5. Stir the pudding before serving and adjust sweetness if needed.
6. Divide into serving bowls or jars, add your favorite toppings, and enjoy chilled!

Nutrition Facts

4 servings per container	
Serving size	1/2 cup (112g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 3g	
Vitamin D 1mcg	6%
Calcium 192mg	15%
Iron 2mg	10%
Potassium 175mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.