



INGREDIENTS

½ cup dry chia seeds

1 cup unsweetened coconut milk

1 tsp. stevia powder

Chia Seed Pudding

Makes Approximately 8-10 Servings

Directions

Step 1

Place all ingredients in a jar or other glass container with a tight-fitting lid. Shake vigorously for 1 minute. Refrigerate for at least 2 hours, preferably overnight.