



Almond Butter & Jam Chia Pudding

1 serving
30 minutes

Ingredients

- 2 tbsps Chia Seeds
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Raspberries
- 1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	262
Fat	18g
Saturated	1g
Carbs	21g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	82mg

Directions

- 1 In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash the raspberries until they resemble jam.
- 3 Layer the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!

Notes

Leftovers, Refrigerate covered for up to five days.

Nut-Free, Use coconut milk instead of almond milk. Use sunflower seed butter instead of almond butter.

More Protein, Add a scoop of protein powder to the milk mixture before setting. Whisk to fully incorporate with the seeds and milk.

Additional Toppings, Add cacao nibs for crunch.