

# Chia Pudding



Nutrition for 1/4 recipe (~1/2 cup):

120 calories, 4g fat, 5g protein, 16g carbs, 50mg sodium

## Ingredients

- 1½ cup 1% milk (or milk of choice)
- ¼ cup chia seeds
- 1 tsp vanilla extract
- 2 Tbsp maple syrup
- Fresh fruit for garnish (optional)



## Directions

1. Whisk all ingredients together until combined.
2. Wait 15 minutes, then whisk again to break up any clumps of chia seeds.
3. Cover and refrigerate for at least 2 hours, or overnight.
4. Stir. Spoon pudding into 4 desert cups and garnish with fresh fruit (optional).
5. Enjoy!



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