

Flaxseed Pudding

4 ingredients · 1 hour · 8 servings



Directions

1. Combine all of the ingredients in a large container and mix well. Refrigerate for at least one hour or until the ground flax has set.
2. Stir well, top with cinnamon and divide into cups or containers if on-the-go. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 1/2 cup of flax seed pudding.

Additional Toppings

Top with your favorite nuts, seeds and/or berries.

Ingredients

- 2 cups** Ground Flax Seed
- 3 cups** Unsweetened Almond Milk
- 2 tbsps** Maple Syrup
- 1 tbsp** Cinnamon