

Blackberry Chia Pudding

5 ingredients · 25 minutes · 2 servings



Directions

1. Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
2. Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
3. Top with additional blackberries if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Granola, nuts, seeds, yogurt.

Nut-Free

Use oat milk or coconut milk instead of almond milk.

Ingredients

- 1 cup Unsweetened Almond Milk
- 1 cup Blackberries
- 1 tbsp Maple Syrup
- 1/2 tsp Vanilla Extract
- 1/4 cup Chia Seeds