

Turmeric Chia Pudding

6 ingredients · 3 hours 5 minutes · 2 servings



Directions

1. Combine the almond milk, turmeric, cinnamon, ginger, and maple syrup in a mixing bowl. Stir in the chia seeds. Refrigerate for at least three hours or until chilled and chia seeds have set.
2. Stir well then divide between bowls or jars. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Nut-Free

Use a nut-free milk like cow's milk, coconut milk, or oat milk.

More Flavor

Add vanilla extract, cardamom, nutmeg, or a pinch of black pepper.

No Maple Syrup

Use honey or another sweetener of choice instead.

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Ginger (optional)
- 1 tbsp Maple Syrup
- 1/4 cup Chia Seeds