

RECIPE

Chia Pudding with Berries

⌚ 5 MINUTES / SERVES: 1

THIS ISN'T YOUR AVERAGE

BREAKFAST. Chia seeds absorb fresh almond milk, becoming a creamy, spoonable indulgence. Top with tart raspberries, and you've got a sweet, cold breakfast that tastes like dessert but delivers serious nutrition.

THE CHIA SEEDS PACK OME-

GA-3S for brain health, while their fiber keeps you satiated for hours. Plus? The berries have antioxidants and natural sweetness (no added sugar needed).

INGREDIENTS

- 3 tbsp chia seeds
- 1 tbsp ground flaxseed
- $\frac{3}{4}$ cup calcium-fortified unsweetened almond milk (or milk of choice)
- $\frac{1}{2}$ cup raspberries



INSTRUCTIONS

- 1 **MIX** chia seeds, flaxseed, and milk in a jar.
- 2 **COVER** and refrigerate overnight.
- 3 **TOP** with berries in the morning.

OPTIONAL SWAPS

- Swap raspberries for blueberries or blackberries.

NUTRITIONAL INFO PER SERVING

CALORIES

260

PROTEIN

8g

FIBER

18g