Chia Pudding

Chia pudding earns its place as a breakfast favourite for good reason. These tiny seeds swell into a creamy, satisfying dish while delivering an impressive mix of nutrients—think Omega-3 fats, antioxidants, fibre, and wholesome plant-based goodness. That combination supports steady energy, healthy digestion, heart health, and even strong bones. In other words, every spoonful works a little harder for your wellbeing, making chia pudding a simple, delicious way to nourish your day.

Ingredients

Individual Serving

- ☐ 120 g milk (dairy or dairy-free)
- ☐ 45 g chia seeds
- ☐ 1 teaspoon maple syrup
- ☐ 0.5 teaspoon vanilla extract
- ☐ Optional toppings: fresh fruit, nuts and seeds

Larger Bowl (4 servings)

- ☐ 480 g milk (dairy or dairy-free)
- ☐ 180 g chia seeds
- ☐ 1 to 2 tablespoons maple syrup
- ☐ 1 teaspoon vanilla extract
- ☐ Optional toppings: fresh fruit, nuts and seeds.

Instructions

1. Add the chia seeds, milk, maple syrup, and vanilla to a bowl or jar and stir together. Let sit for 10 minutes, then stir again once the seeds have started to gel.
2. Cover the bowl or jar and place in the refrigerator for at least one hour. Chia seeds can also be made overnight for breakfast the next morning.
3. Stir the chia pudding before serving and add your favorite fruit, nuts, seeds and spices.