



NSK Pumpkin Spice Chia Pudding

2 servings

30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 3/4 cup Unsweetened Almond Milk
- 1/4 cup Pureed Pumpkin
- 1/2 tsp Pumpkin Pie Spice
- 2 tbsps Unsweetened Coconut Yogurt (divided)
- 1 pinch Sea Salt
- 1 tbsp Maple Syrup

Directions

- 1 In a large bowl, combine the chia seeds with the almond milk, pumpkin, salt, maple syrup and pumpkin pie spice. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the coconut yogurt and enjoy!

Notes

No Almond Milk, Use coconut, cashew, hemp or oat milk instead.

Likes it Sweet, Add an extra drizzle of maple syrup or honey on top.

Additional Toppings, Top with nuts, seeds and/or fruit of choice.

Foods that Heal, Pumpkins are loaded with beta-carotene which is critical for vision, healthy skin and brain function.