

Vanilla Chai Chia Seed Pudding

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Preparation Time: 5 minutes

Cooking Time: n/a

- Equipment: blender

Ingredients

6 servings

4 cups (1 L) unsweetened almond milk
1 cup (240 g) chia seeds
8 (125 g) dried dates, pitted
¼ cup (60 ml) maple syrup
¼ tsp cinnamon
¼ tsp (2 ml) vanilla extract
3 dried allspice berries or ¼ tsp ground allspice
3 dried cloves or a ¼ tsp ground
1/8 tsp black pepper
1/8 tsp nutmeg

24 servings

16 cups (4 L) unsweetened almond milk
4 cups (960 g) chia seeds
24 (500 g) dried dates, pitted
1 cup (250 ml) maple syrup
1½ tsp (2 g) cinnamon
2 tsp (10 ml) vanilla extract
12 dried allspice berries or 1 tsp ground allspice
12 dried cloves or 1 tsp ground
½ tsp black pepper
½ tsp nutmeg

Garnish

Maple syrup
Fresh raspberries
Granola

Directions

1. In a blender, add all ingredients and blend until completely smooth.
2. Pour into a storable container, mason jars work well, and chill for minimum 1 hour.
3. When ready to serve, pour into 4 individual bowls, add fresh berries or homemade granola and a drizzle of maple syrup. If desired, it can be stored overnight for a fast and easy breakfast treat!

Tips:

- 1) For 24 servings, follow the recipe for 6 servings and execute 4 times.

Nutritional Information (without berries, granola or additional maple syrup)

Nutrition Facts	
Valeur nutritive	
Per 1 cup (235 g) par 1 tasse (235 g)	
Calories 310	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 15 g	20 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 8 g	
Carbohydrate / Glucides 42 g	
Fibre / Fibres 19 g	68 %
Sugars / Sucres 19 g	19 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 0 mg	
Sodium 250 mg	11 %
Potassium 300 mg	6 %
Calcium 400 mg	31 %
Iron / Fer 2.5 mg	14 %
Vitamin A / Vitamine A 50 mcg	6 %
Vitamin C / Vitamine C 0 mg	0 %
Vitamin E / Vitamine E 7 mg	47 %

*5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup

Intro: Hop on the chia pudding bandwagon and reap the benefits of this seed's nutritional profile. They are rich in fibre, omega 3 fatty acids, complete protein, calcium and vitamin E. They also are ideal for making a rich gooey pudding. This version takes traditional chai spices and perfectly pairs them with vanilla, a touch of maple syrup and tart, juicy raspberries.

Symbols: high source of fibre, good for bowel motility, nausea and fatigue, high protein, kid friendly, good for all seasons, easy to swallow, soy free, make ahead meals

Functional foods present: nuts (almond), omega 3 fatty acids and seeds (chia), dates, spices

Examples of phytonutrients and anti-oxidants present: polyphenols (dates, cinnamon, cloves), vitamin E (nuts, seeds)