



AULTCARE WELLNESS RECIPE

CHIA PUDDING 3 WAYS



Ingredients: 2 cups unsweetened dairy-free milk & 1/2 cup chia seeds

Nutty Mocha:

3 Tbsp almond butter

2 tsp cacao powder

1 tsp instant coffee

1 Tbsp pure maple syrup (optional)

1 Tbsp chopped nuts for garnish

Raspberry Lemon:

1 cup frozen raspberries

1 Tbsp raw honey

(Raspberry Lemon Continued)

2 Tbsp lemon juice

1 tsp lemon zest

fresh raspberries for garnish

Apple Cinnamon Raisin:

2 tsp vanilla extract

1/3 cup diced apples

2 Tbsp raisins

1 Tbsp pure maple syrup (optional)

2 tsp cinnamon

Instructions:

Step 1:

Begin by stirring together chia seeds and unsweetened milk, and choose the flavor you want following one of the steps below.

Step 2:

For the nutty mocha, stir in almond butter, cacao powder, instant coffee, and maple syrup. Let sit for at least one hour in the fridge. When firm, serve with chopped nuts.

Step 3:

For the raspberry lemon, in a medium saucepan, cook raspberries, honey, lemon juice, and lemon zest over medium heat. Cook for 7-10 minutes, or until mixture is bubbly and well incorporated. Stir into the chia seed mixture. Let sit in the fridge for at least an hour or overnight. When firm, garnish with fresh raspberries (optional).

Step 4:

For the apple cinnamon raisin, stir in vanilla extract, apples, raisins, syrup, and cinnamon. Stir in the chia seed mixture. Let sit for at least one hour in the fridge. Once firm, serve and garnish with additional cinnamon.
