

A simple vanilla chia pudding to play with

- Total Time: Overnight
- Serves: 2

Ingredients:

- 3 tbsp chia seeds
- 1 cup almond milk
- 1 tsp vanilla essence
- 1 tbsp agave syrup (or use honey instead)

Method:

1. Add the vanilla essence and agave syrup to the almond milk and stir thoroughly.
2. Add the chia seeds, stir, and let it sit for a couple of minutes.
3. Stir again and wait another 5-10 mins.
4. Give it one final stir and soak overnight in the fridge.
5. The next morning, stir it, divide into 2 smaller bowls, and add the toppings of your choice!