

Chia Pudding

Chia seeds soaked overnight turn into a simple pudding, similar in consistency to tapioca.

Serves 6

Ingredients

- 2/3 cup chia seeds
- 2 cups unsweetened non-dairy milk such as soy, almond or rice milk
- 1/2 teaspoon pure vanilla extract
- 2 tablespoons currants or chopped dried figs or dates
- 2 tablespoons unsweetened coconut flakes

Nutrition

Per serving: 280 calories (70 from fat), 7g total fat, 1.5g saturated fat, 0mg cholesterol, 200mg sodium, 49g total carbohydrate (7g dietary fiber, 7g sugar), 3g protein

Method

Put chia seeds, almond milk and vanilla in a 1-quart glass jar with a lid. Tighten the lid and shake well to thoroughly combine. Or, stir together seeds, almond milk and vanilla in a bowl. Refrigerate overnight. When ready to serve, stir well. Spoon into bowls and top with fruit and coconut.



RECIPES

Fruit and Hemp Seed Muesli

Loaded with satisfying textures and flavors, try this delicious breakfast cereal as you would a cold cereal, or cook and serve like oatmeal. This recipe makes enough for a crowd or for you to keep in your pantry for a few weeks.

Serves 12

Ingredients

- 2 1/4 cups quick-cooking oats
- 1 cup shelled hemp seeds
- 1 cup raisins
- 3/4 cup dried goji berries, coarsely chopped
- 1/2 cup chopped pitted dates
- 1/2 cup raw green pumpkin seeds
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger

Method

Combine all ingredients in a bowl and toss to combine. Store in an airtight container for up to 3 weeks.

To serve warm, combine 1/2 cup muesli with 1/2 cup liquid (unsweetened hempmilk, unsweetened soymilk or water work well) and simmer on the stovetop until oats are softened, 1 to 2 minutes.

Nutrition

Per 1/2-cup serving: 250 calories (80 from fat), 9g total fat, 1g saturated fat, 0mg cholesterol, 45mg sodium, 37g total carbohydrate (6g dietary fiber, 16g sugar), 9g protein