

## 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