

Chia Pudding

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 2 hours

Step 1: Soaking & Preparing the Chia Pudding

- 1 cup water
- 4 tbsp chia seeds
- 1/2 cup raisins
- 1/2 cup nuts*
- 1 to 2 cups nut milk (see Rouxbe recipe)**

Mix the chia seeds and water, making sure that the seeds are fully covered. Soak for a couple of hours or overnight. Note: Soaking the chia seeds overnight means you will get more nourishment from them, as the long soaking time allows the enzymes to be activated.

Once the chia seeds have soaked, mix everything together. Adjust the sweetness and consistency to your liking.

*Note: Cashews and walnuts are a nice combo in this pudding, but any nuts can be used.

**Note: The amount of nut milk you will need depends on the final consistency that you desire. Also note, that while you can buy nut milk, making your own is a totally different experience. The flavor of homemade nut milk doesn't compare to store-bought. Homemade almond milk works particularly well for this recipe. If making your own nut milk, you will need to soak the nuts overnight.

Step 2: Optional Ingredients and Variations

Additional ingredients can include cacao nibs, dates, prunes, orange or lemon zest, nuts, cinnamon, nutmeg and/or fresh fruit or berries. As far as amounts go, feel free to add as little or as much as you like.