**Chia Pudding - 4 servings**

Ingredients:

* 2 cups full fat coconut milk
* ⅓ cup chia seeds
* 1 tablespoon maple syrup or honey
* ½ teaspoon vanilla
* Optional garnishes: nuts, berries, granola

Instructions:

1. Add all ingredients (minus garnishes) and stir on and off for about 10 minutes until thickened.
2. Let sit overnight in the fridge in a mason jar or glass storage container.
3. Enjoy the next morning, will last 5 days in fridge.
4. Add garnishes, if desired.