

# chia pudding template

## BACKGROUND

Chia seeds soak up water like crazy to become a gel. They're ACE for making sports drinks, puddings, dressings, milkshakes, smoothies, jams, and delicious pudding-like breakfast goals.

Chia is INCREDIBLY filling and satisfying, and the flavor is neutral. This makes it easy to dress it up however you like, especially with a favorite easy raw recipe ::drum roll:: like chia pudding!

**HOW TO MAKE CHIA PUDDING** *Note: You do not have to make your chia pudding using this exact order. We've got more info on that in the "RAWK OUT!" section that follows!*



### 1. *soak chia seeds in liquid*

for at least 10-20 minutes (ideally you'd soak them longer, such as overnight). This allows the chia to soak up the water and form a gel. Once you've combined your liquid with the chia seeds, stir or shake every couple minutes for the first 10-20 minutes and then every so often after that. This ensures that the chia expands as much as it possibly can. (We're working with chia's quirks to make it as beneficial as possible to your body!)

**RATIO: 1 part chia to 8 parts liquid**

Example: 2 Tablespoons Chia Seeds to 1 cup water



### 2. *(optional) add some kind of sweetener.*

If blending your liquid base (such as almond milk), you may use whole fruit sweeteners like dates, but if you're not blending you'll want to use liquid options such as coconut nectar, raw honey, or any other preferred sweetener.



# chia pudding template [continued]



3. (optional) add some other flavor,  
such as cacao or lucuma powder.

## PICTURED RECIPE

#1 Blend this: 1 cup almond milk + 3 Tablespoons cacao powder + 4 soaked dates.

#2 Soak your blend with 2 Tablespoons chia seeds.

#3 Garnish: Top soaked chia pudding with a fresh raspberry.



4. (optional) top with something fun!

## PICTURED RECIPE

#1 Soak 2-4 Tablespoons chia seeds with 1 cup almond milk.

#2 Garnish: Top soaked chia pudding with fresh sliced strawberries.

## RAWK OUT YOUR CHIA PUDDING

✦ You may soak your chia seeds in almost ANY liquid. The options are endless! Blend flavors like cacao powder, dates, and almond milk. {Then AFTER blending, soak your chia seeds in this mix!} Hand mix with strawberry milk, chocolate milk, any kind of nut milk, coconut milk, chai tea, ETC.

✦ While the 1-to-8 ratio is a solid guideline, you can absolutely play with that number to see if more or less liquid works for your texture preferences.

✦ Soaking time of 10-20 minutes is the *minimum*. You may prefer to whip up a chia recipe before bed, then soak in an airtight jar in the fridge overnight. (Breakfast = DONE!)

## STORAGE INFO

✦ Chia puddings store best in an airtight jar in the fridge.

✦ Depending on the ingredients, storage time is up to about 2-4 days.

✦ Add fresh toppings when serving; do not store toppings with your pudding.

