



Berry Chia Pudding

Ingredients *Serves 8*

1 cup unsweetened almond milk or milk of choice
1 tablespoon pure maple syrup
1³/₄ cups blackberries, raspberries and/or diced mango (fresh or frozen), divided

1/4 cup chia seeds
3/4 teaspoon vanilla extract
1/2 cup whole-milk plain Greek yogurt
1/4 cup granola

Preparation *Active Time: 5 minutes Total Time: 2 hours 5 minutes*

STEP 1: Puree 1 1/4 cups fruit and milk in a blender or food processor until smooth. Scrape into a medium bowl; mix in chia, syrup, and vanilla. Cover and refrigerate for at least 8 hours and up to 3 days.

STEP 2: Divide the pudding between 2 bowls, layering each serving with 1/4 cup of the remaining fruit, 1/4 cup yogurt, and 2 tablespoons granola.

Nutrition *Per Serving*

343 Calories, Total Fat: 15 g, Saturated Fat: 3 g, Cholesterol: 8 mg, Carbohydrates: 39 g, Fiber: 15 g, Total Sugars: 18 g, Added Sugars: 6 g, Protein: 14 g, Sodium: 125 mg, Potassium: 573 mg, Folate: 59 mcg

Calcium: 513 mg