



Berry Chia Pudding

Ingredients *Serves 2*

1 ³ / ₄ cups blackberries, raspberries and/or diced mango (fresh or frozen), divided	1 tablespoon pure maple syrup
1 cup unsweetened almond milk or milk of choice	³ / ₄ teaspoon vanilla extract
¹ / ₄ cup chia seeds	¹ / ₂ cup whole-milk plain Greek yogurt
	¹ / ₄ cup granola

Preparation *Active Time: 5 minutes Total Time: 8 hours 5 minutes*

STEP 1: Puree 1¹/₄ 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, Iron: 3 mg, Folate: 59 mcg, Vitamin A: 479 IU, Vitamin C: 27 mg

Calcium: 513 mg