

Ingredients

	4 SERVES	8 SERVES	12 SERVES
Milk, full cream or calcium-fortified soy or almond milk	750 ml	1.5 L	2.25 L
Chia seeds	0.5 cup	1 cup	1.5 cup
Vanilla essence	1 tsp	2 tsp	3 tsp
Maple syrup	2 tbsp	4 tbsp	6 tbsp



Method

1. Place the milk, chia seeds, vanilla, maple syrup in a bowl and whisk to combine.
2. Pour into smaller jars or glasses (1 cup capacity).
3. Refrigerate for 20 minutes or until set. This recipe works well preparing the day before also.

Nutrition, hints and tips

- **Chia seeds are a great source of protein, fibre and omega 3 fatty acids.**
- **A serve of this chia pudding, provides 1280 kJ and 10g protein.**

- **Serve with some yoghurt and sliced fruit for more flavour.**