

Chia Seed Pudding



Chia seeds are packed full of fiber and contain omega-3 fatty acids, making them a keto-friendly superfood.

- 1) To make a simple chia seed pudding, combine a cup of milk with two tablespoons of the seeds.
- 2) Mix them together with any flavor additions you'd like, (cinnamon and a drop of stevia is always a great option) and leave in the refrigerator until set, usually about six to eight hours.

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