

## Vegan Chia Pudding

Makes about 2 cups

### Ingredients

- 2 cups vanilla soy or almond milk
- 6 tbsp. chia seeds (for thicker pudding, use more chia seeds)
- 1 tbsp. agave nectar or pure maple syrup
- Optional toppings: nuts, seeds, fresh or dried fruit, etc.



### Directions

- 1) In a Tupperware container or medium bowl (20 or 24 oz.), mix together soy or almond milk, chia seeds, and sweetener. Cover and refrigerate over night.
- 2) Top with whatever dried fruits, nuts, or seeds you would like. Serve chilled.