

# Pumpkin Pie Spiced Chia Pudding

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blender  
measuring cups and spoons  
mixing spoon  
spatula/plate scraper  
6 x 1/3-cup serving glasses  
or 4 x 1/2-cup serving glasses  
or 2 x 1-cup serving glasses  
peeler for shaving chocolate

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1. If you are using these puddings for Halloween, **decorate** the serving glasses with stickers or glass paints.

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2. In the blender, **blend** until smooth

1 cup **milk or cream of choice**  
1 cup **mashed pumpkin**  
¼ cup **honey or maple syrup**  
1 tsp **vanilla extract or powder**  
1 tsp **pumpkin pie spice**  
**or**  
½ tsp **ground cinnamon**  
¼ tsp **ground ginger**  
⅛ tsp **ground nutmeg**  
⅛ tsp **ground allspice**  
pinch **ground cloves**

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3. **Mix in**

½ cup **white chia seeds**

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4. **Spoon** into the serving glasses.

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5. **Sprinkle** evenly with

40 g (1.5 oz) **dark chocolate**, shaved

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