

Chocolate Nut Butter Chia Pudding

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measuring cups
measuring spoons
blender
medium mixing bowl
metal whisk
2x1-cup or 4x1/2-cup serving
dishes or jars

Do this

with these **ingredients**

1. Blend

2 cups **milk of choice**
1 TBS **raw honey or pure maple syrup**
1 TBS **nut butter of choice**
1 tsp **pure vanilla extract**

2. Pour into the bowl and add

½ cup **chia seeds**

3. Whisk until starting to thicken.

4. Pour into the serving dishes or jars and refrigerate until set.

5. Serve with

dollop of **yoghurt of choice** (optional)
spoon of **nut butter of choice** (optional)
sprinkle of **cacao nibs** (optional)

