



# Chia Pudding

## Ingredients

- 3 tbsp chia seeds
- 1 cup almond milk (or any dairy-free milk)
- 1 tsp honey or maple syrup (optional)
- Fresh berries (strawberries, blueberries, raspberries)
- Chopped nuts (optional, for topping)

## Instructions

Mix chia seeds and almond milk in a bowl or mason jar.

Stir well to prevent clumping.

Cover and refrigerate for at least 4 hours or overnight.

Top with fresh berries and nuts before serving