

Orange Chia Seed Pudding

Cooking Instructions

1. Add milk to a small container with a lid. Add orange zest, vanilla, and honey or maple syrup. Mix well. Reserve some orange zest for topping.
2. Add chia seeds and stir well. Allow to rest for 5-10 minutes, and then mix again. The chia seeds and the liquid will react and start to thicken. Stirring helps keep the texture even.
3. Refrigerate overnight or for at least 4 hours. Add a small amount of orange juice for flavor, or cut the orange and stir the pieces into the pudding before eating. Don't add the orange juice before refrigerating the pudding because the orange juice can prevent the chia seeds from thickening due to the acidity. Top with orange zest and add any other toppings you'd like.

Ingredients

- 1/4 cup chia seeds
- 1 cup coconut or almond milk
- 1 orange for 2 teaspoons of zest
- 1 teaspoon vanilla
- 1 tablespoon honey or maple syrup

Grocery List – Add optional ingredients as desired

Produce

- 1 orange

Pantry

- Coconut milk
- Vanilla
- Honey or maple syrup
- Chia seeds