



Chia Puddin'



Entire recipe: 248 calories, 13.5g total fat (1g sat. fat), 134mg sodium, 26g carbs, 14.5g fiber, 9.5g sugars, 8.5g protein

Prep: 5 minutes
Chill: 8 hours



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Ingredients

- 3/4 cup unsweetened vanilla almond milk
- 3 tbsp. chia seeds
- 2 tsp. agave nectar (or 1 tbsp. sugar-free pancake syrup)
- 1/4 tsp. vanilla extract

Directions

In a medium bowl or jar, combine all ingredients. Mix until mostly uniform.

Cover and refrigerate for at least 8 hours, or until chia has expanded and most of the liquid has been absorbed.

Stir well.

MAKES 1 SERVING

HG FYI: The nutritional info above is for the recipe made with agave syrup. If made with 1 tbsp. sugar-free pancake syrup (also delicious!), the recipe will have 212 calories, 17.5g carbs, and <0.5g sugars ([SmartPoints®](#) value of 6* on all plans).

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