



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

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 8*

Purple Plan [SmartPoints](#)® value 8*

Prep: 5 minutes

Chill: 8 hours



More: [Breakfast Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

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).

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.