

Red Wing RED Chia Pudding



Red Chia Ingredients:

2 Tablespoons chia seeds

½ cup unsweetened plant milk – coconut, flax, or cashew milk are all delicious options!

½ cup fruit of choice– cherries, raspberries, strawberries, or pomegranate seeds

Optional: Dash of vanilla extract, honey or maple syrup

Optional: ½ teaspoon of your favorite spices – cinnamon, cardamom, nutmeg, pumpkin

Optional: toasted coconut or granola

Instructions (make enough for the week!)

Combine and stir all ingredients in a cup or bowl. Refrigerate for 2 hours or overnight.



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