

## Almond Chia Pudding

### Ingredients:

- 1 cup unsweetened vanilla almond milk
- 2 tablespoons chia seeds
- ½ teaspoon of raw honey
- Raw almond flakes to garnish



### Directions:

1. Mix almond milk, chia seeds vanilla extract and honey in a jar, stir and cover.
2. Refrigerate overnight
3. Garnish with a few flakes of almond flakes before serving.

### Nutrition Information:

Serving size\*: 1

Servings per recipe: 1

Calories per serving: 200

Total fat per serving: 11 g

Total protein per serving: 6g

Total carbohydrates per serving: 34g

### Nutritional Benefits:

Chia seeds are a great source of the anti-inflammatory fatty acid, omega 3.

\*Serving size that is suggested for post-operative bariatric patients

Recipe Adapted from: The Rush Studio. (2015). What's on our plates: Snack Time. Retrieved from <http://therushstudio.com/tag/healthy-snacks/>

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