



Jen's chia pudding

To make the chia pudding

- 1 ½ Cups sultanas (sulphur free) soaked in water for 2 hours
- ¾ Cup chia seeds (white preferably as they look nicer)
- 5 Cups almond milk (recipe & instructions on next page)
- 1 vanilla bean
- 3 Tbsp raw honey
- 2 tsp cinnamon

In a blender, blend the almond milk, vanilla bean, honey and cinnamon on high for 10 – 15 seconds.

***Please note** - If using a high powered blender you can put the whole vanilla bean in after chopping off the ends and cutting it into a few pieces. If not using a high powered blender then cut the pod in half lengthwise and scrape out the tiny seeds from inside the vanilla pod or else use a high quality liquid vanilla extract.

Put chia seeds in a large mixing bowl, add contents from the blender and whisk well.

Allow to sit for 10 to 15 minutes and whisk regularly during that time. You will be surprised how much liquid the chia seeds soak up!

Add soaked sultanas and mix in.

Serve as is or garnish with shredded coconut and cinnamon and your choice of fruit topping. I love banana and/or strawberries, but for a Christmas touch you can use cherries.

Makes 6 – 8 servings and keeps in the fridge for 5 days.

**** See the next page for the almond milk recipe & instructions and link to learn more about the Living Synergy Nut Milk Bags**

Living Synergy

NUT MILK BAG

To make the almond milk (makes 5 cups)

1 ½ Cups raw almonds soaked in water for 6 hours or overnight
5 Cups filtered water

Strain the almonds, rinse well, and strain again.

They will have now swelled to be roughly 2 ¼ cups. Place these in the blender (preferably a high powered one) and add 5 cups of filtered water.

Blend on high just long enough to break down the almonds to make the milk. Place your **Nut Milk Bag** over a jug and strain the contents of the blender through the bag.

For more info on the **Living Synergy Nut Milk bags** including **video demos** and **stockist list** visit ...

www.nutmilkbags.com.au

RRP \$17.95

Enjoy your delicious & healthy pudding!

