

# Super Creamy Chia Seed Pudding

Servings 5

## INGREDIENTS

- 6 TB chia seeds (70g)
- 1 can unsweetened, full fat coconut milk (13.66 oz or 403 mL)
- 2 TB swerve powdered sweetener
- 1 tsp vanilla extract

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## DIRECTIONS

- Add 6 TB of Chia seeds in a mason jar
- add the coconut milk vanilla and the sugar substitue
- Tightly screw on the jar lid, then shake vigorously until the chia seeds appear well mixed.
- Place jars in the refrigerator for 2 hours. Remove, give the pudding a good stir with a spoon or spatula, then return to the fridge over night.

Add a 1/4 c berries if you like to the bowl

Sodium 17 mg	1%
Potassium 104 mg	3%
Total Carbohydrate 4 g	1%
Dietary Fiber 4 g	

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