

Sunrise Chia Pudding

Culinary Medicine, Nutrition Services

Serves: 1, Serving Size: 1/2 cup

Equipment: cup, bowl, or jar with lid or whisk or spoon

Ingredients

2 tablespoons chia seeds

Pinch of each, turmeric, cardamom, ginger, salt

1/2 cup unsweetened coconut milk

Dash of vanilla extract

1 teaspoon maple syrup

Optional toppings: blueberries, toasted pumpkin seeds, toasted macadamia nuts, hemp hearts, coconut flakes

Instructions

1. Place all ingredients except toppings in a medium-sized jar, cup, or bowl, and stir or shake to combine.
2. Cover with lid and place in refrigerator overnight (or at least 30 minutes).
3. Remove lid and stir—should be a pudding-like consistency.
4. Top with optional ingredients. Enjoy!



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Why We Like This Recipe

This slightly sweet pudding can be made 30-24 hours ahead of time for a grab-and-go breakfast or snack.

Chef's Notes:

- The base of this recipe is 1 tablespoon chia pudding to 1/4 cup liquid—use whatever you'd like (milk, tea, juice, water) and switch up the seasoning and toppings to keep it fresh.

Nutrition Notes:

- Chia seeds are anti-inflammatory due to their rich content of omega-3 fatty acids, antioxidants, and high fiber content. They are also one of the few plant-based proteins that contain all essential amino acids.

Gardener's Notes:

- These are the same seeds used to grow Chia Pets!



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