

## **CHIA CHIA PUDDING**

Servings: 4

2 cups nut or coconut milk  
1 ½ teaspoons ground cardamom  
½ teaspoon cinnamon  
¼ teaspoon ground cloves  
¼ teaspoon nutmeg  
1 teaspoon vanilla extract  
3 tablespoons maple syrup  
¼ - ½ cup chia seeds  
Handful fruit, to garnish

Blend milk, cardamom, cinnamon, cloves, nutmeg, vanilla, and maple syrup together in a blender on high speed until smooth. Place the chia seeds in a bowl and pour the mixture over the seeds. Stir thoroughly with a whisk or a fork. Let it sit for 5 minutes, then stir again. Let it sit another 10 minutes, then stir again. Refrigerate the pudding overnight and check in the morning for desired consistency. If it's too thick, add more milk.