

Chia Seed Pudding Makes 1 serving

INGREDIENTS:

- 1 to 2 tablespoons of Chia seeds
- 1 cup of milk (coconut or nut milk)
- sea salt to taste
- 1 dessert spoon of honey
- 1 small banana

PREPARATION:

Heat the milk but do not boil. Whisk the Chia seeds into the hot milk and let stand for 10-15 minutes to make a gel. Reheat after standing (if you want to serve it warm) or allow to cool completely. Slice banana over top and drizzle the honey. 2 tablespoons make a very thick mixture; adjust to taste.

Variations: Add fruit, nuts, seeds or make chocolate or vanilla versions.

<http://www.chiaseedrecipes.com/chia-seed-puddings.php>

NOTES FROM THE COOK: