

MANGO CHIA SEED PUDDING ★★★★★☆

COURSE: BREAKFAST, SNACK
CUISINE: AMERICAN



KEYWORD: CHIA SEED, CHIA SEED PUDDING, MANGO PUDDING PREP TIME: 2 MINUTES COOK TIME: 5 MINUTES
RESTING TIME: 8 HOURS TOTAL TIME: 8 HOURS 7 MINUTES SERVINGS: 6 SERVINGS AUTHOR: BOBBY PARRISH

Fruity and creamy chia seed pudding with mango and almond milk

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INGREDIENTS

1 cup unsweetened
almond milk
3/4 cup frozen & thawed
mango pieces fresh works
also
2 tablespoons maple
syrup
1 teaspoon vanilla extract
3/4 teaspoon ground
cinnamon
pinch of salt
3 tablespoons chia seeds

INSTRUCTIONS

1. Add everything but the chia seeds to a blender and mix on high for 20 seconds. Transfer liquid to a bowl, add 1 tablespoon of chia seeds and mix well. Add another tablespoon, mix well, and repeat with the last tablespoons.
2. To prevent the chia seeds from clumping together, make sure to whisk very well then wait 5 minutes and mix again. Wait 5 minutes and whisk well one more time, then transfer the pudding to the fridge for 8 hours to firm up.
3. Serve and enjoy! Pudding can keep in the fridge for 5 days.