



CREATE HEALTH

Health and Nutrition  
Coaching

# Chia Pudding-3 ways

Amazingly simple and versatile snack



10 mins + overnight



4 portions



£0.50 per portion  
+toppings (not included)

## Base Recipe

- 8 tbsp chia seeds
- 250g milk (any type)
- 4tsp maple syrup
- 1tsp vanilla extract (optional)

1. Stir everything together in a jug/ bowl, cover and let sit for 5 mins
2. Whisk with a fork to break up clumps
3. Pour in to individual jars/ bowls/ containers
4. Cover and put in fridge overnight, or for at least 2 hours
5. Add toppings when ready to eat

## Banana & Peanut Butter:

Mash half a banana and add at stage 2 above with 1 tsp of peanut butter  
Add sliced banana to top when serving

## Chocolate chip:

Add 1tsp cocoa powder at stage 2 above  
Add chocolate chips or grated chocolate to top when serving

## Apple, raisin and cinnamon:

Add 1/4tsp of cinnamon and handful of raisins at stage 2 above  
Add chopped apple chunks to top when serving



## Health Benefits

### Chia Seeds

A nutrient-dense superfood packed with essential nutrients that support overall health;

- **Rich in Omega-3 Fatty Acids:** Supports heart health by reducing inflammation and lowering cholesterol levels.
- **High in Fibre:** Promotes digestive health, stabilisers blood sugar, and aids in weight management.
- **Complete Protein source:** Provides all nine essential amino acids for muscle repair and growth.
- **Packed with anti-oxidants:** Contains antioxidants that combat oxidative stress and chronic disease risk.

### Mix and Match

*The flavour combinations are endless*

- Some toppings to try are:
  - Any fruit: All berries, mango, peach, fresh or frozen all work
  - Chopped nuts, seeds, granola, chocolate chips
  - Greek yoghurt, coconut milk
  - Lemon/ orange zest, cinnamon, mint.

### Good to Know

- If pudding is runny, it needs longer in the fridge. Or add less milk
- Will keep in airtight container for up to 5 days
- Use any container you have; jars, bowls, tubs, ramekins, glasses!