

Blueberry Chia Pudding

CONSTIPATION RELIEF

40 Min. Prep | Makes 1 Serving

Ingredients

- 1/4 cup chia seeds
- 1/2 cup oat milk
- 1/2 cup blueberries
- 1 tsp. honey
- 1/2 tsp. vanilla

Garnish

- 1/4 cup blueberries

Directions

1. Combine chia seeds, honey, vanilla extract, and oat milk. Stir to combine.
2. In a small bowl, lightly crush half of the blueberries and stir into the chia pudding. Gently stir in the remaining, whole blueberries.
3. Sit in the fridge, covered with plastic wrap for at least 30 minutes before serving. Garnish with fresh blueberries.

Notes

Enjoy as a small meal like breakfast, snack or lunch. Perfect for make ahead meal prep.

Additional benefits:

- Loaded with antioxidants to support immune health.
- Chia seeds are a superfood and provide omega-3's and protein to support brain function.



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Notes cont.

Customizable ingredients:

- Can substitute any berry for blueberries.
- Can use any kind of dairy-free milk.
- Can use maple syrup in place of honey.

Nutrition Info

357 calories, 14g protein, 13g total fat, 1g saturated fat, 60mg sodium, 45g carbs, 22g fiber, 3g added sugars

