

# Berry Breakfast Pudding

Combine all ingredients in the jar. Screw on the cover and shake, shake, shake! Pop the jar in the fridge overnight. Grab and go for a quick power-packed breakfast in the a.m. Enjoy!

Calories: 332

Fat: 14g

Carbohydrate: 32g

Protein: 27g

Fiber: 19g

Chia pudding is a fantastic canvas for flavor, so get creative. The basic proportion of 2-3 TBS chia to 1 cup milk works best. Try adding cocoa, cinnamon, instant coffee, apple sauce or pumpkin puree for flavor. Chopped nuts, dried fruit or cocoa nibs will add texture. Make it heartier with almond or peanut butter. I often mix 1 tablespoon chia with 1/2 cup unsweetened applesauce, a generous amount of cinnamon and a sprinkle of sea salt for a simple pudding that tastes like apple pie. I leave it in the fridge to set overnight and enjoy as a little treat after my lunch:)

Cha-Cha-Cha-Chia

There is just so much to love about chia! It is a definite BFF. These tiny seeds are packed with muscle building protein, detoxifying fiber, and healthy fats that fight inflammation, elevate our mood and energy, and promote radiant skin and hair.

- Chia is a great food for athletes. In fact, I first learned about these little wonders in *Born to Run*. Their unique

ability to absorb 10 times their weight in water assists in optimal hydration.

- This expansive property makes chia a fantastic weightless tool. Chia will keep your tummy full and your blood sugar stable. It sweeps through the intestines, absorbing toxins and ushering them out of the body before they have a chance to be reabsorbed. If you struggle with regularity in the bathroom, chia is your friend!
- Unlike flax seed, chia does not need to be ground. It is easily assimilated into our bodies, and not as harsh as many other fibers. Try substituting chia for flax in your favorite smoothie recipe. It is fantastic in the 3-Day Detox.
- Add crunch to yogurt, oatmeal or salads with chia. Include it in baked goods, pancakes, waffles, or protein bars. Check-out the chia pudding below!