



3-INGREDIENT CHIA PUDDING

Ingredients

- 6 tablespoon chia seeds
- 1.5 cup almond milk or milk of choice
- 3 teaspoon honey or other sweetener, optional

Directions

1. Pour ingredients into a jar and mix well. Let settle for 2-3 minutes then mix again very well until you see no clumping.
2. Cover the jar and store in fridge overnight or for at least 2 hours.
3. When you're ready to eat it, top with your favorite fruit and enjoy cold!

We want to see how your 3-Ingredient Chia Pudding came out, send us your pictures!
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