





United States Department of Agriculture

Blueberry Chia Pudding

Yields 2 servings
Prep Time: 35 mins

¼ cup chia seeds
½ cup unsweetened coconut milk
½ cup fresh blueberries
1 Tbsp. honey
½ tsp. vanilla extract

1. Combine chia seeds, honey, vanilla extract, and coconut 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.

Recipe adapted from blueberry.org

USDA is an equal opportunity employer, provider, and lender.

