



CHIA PUDDING

RECIPE AND INGREDIENT FACTS SHEET

What is Chia Pudding?

Chia pudding is made by soaking chia seeds in liquid, such as milk, until they swell into a thick, creamy texture. Chia seeds are tiny but nutrient-dense, rich in omega-3 fatty acids, protein, fiber, and essential minerals. Chia pudding is versatile, naturally gluten-free, and can be customized with fruits, spices, or nuts for added flavor and nutrition.



Health Benefits of Chia Seeds

- **Heart health:** Omega-3 fatty acids support healthy cholesterol levels and cardiovascular function.
- **Digestive health:** Fiber helps regulate digestion and supports gut health.
- **Satiety & weight management:** Fiber and protein help increase feelings of fullness.
- **Bone health:** Source of calcium, phosphorus, magnesium.
- **Blood sugar balance:** The gel-like consistency slows digestion, supporting stable blood sugar levels.



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Recipe (serves 1)

Ingredients

- 2 tbsp chia seeds
- 1/2 cup milk or milk alternative
- Splash of vanilla extract

Equipment Needed:

- Small container with lid
- Spoon
- Refrigerator

Instructions

1. Combine chia seeds, milk, and vanilla extract into container
2. Close container and place in refrigerator overnight
3. Stir well in the morning and add toppings

Flavor changing tips:

- Cocoa powder with blueberries or pomegranate
- Apple with cinnamon
- Blueberries and vanilla extract
- Flaked almonds, cardamom and saffron



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READ MORE ABOUT THE HEALTHY INGREDIENTS!

Recipe Health Benefits

Chia pudding is made with chia seeds soaked in milk or milk alternatives, and topped with fruits, nuts, or spices. Its ingredients provide several health benefits:

- **Chia seeds** – rich in omega-3 fatty acids, protein, fiber, calcium, and magnesium that support heart, bone, and digestive health.
- **Milk or milk alternatives** – provide protein and calcium to support strong bones and muscles.
- **Vanilla extract** – adds natural flavor and antioxidants.
- **Fruit toppings (berries, mango, apple, banana)** – high in vitamins, fiber, and protective antioxidants.
- **Nut toppings (almonds, walnuts, peanut butter)** – add healthy fats and protein that aid satiety and nutrient absorption.
- **Spices (cinnamon, cardamom, saffron)** – contain antioxidants and compounds that may help regulate blood sugar and reduce inflammation.

Together, chia pudding delivers fiber, protein, healthy fats, and antioxidants in a nutrient-dense snack or breakfast that supports overall health.

Key Points When Preparing Your Chia Pudding

- Choose whole chia seeds that are fresh, dry, and free from clumping.
- Use about 2 tbsp chia seeds per 1/2 cup liquid for a thick pudding texture.
- Stir well when mixing and again after a few minutes to prevent clumping.
- Let sit at least 2-3 hours (preferably overnight) in the refrigerator to allow the pudding to thicken.
- Store prepared chia pudding in the refrigerator and consume within 3-4 days.