

Vanilla Chia Seed Pudding



Ingredients:

- 2 Tablespoon chia seeds
- ½ Cup almond milk
- 1 Teaspoon of maple syrup/honey
- ½ Teaspoon vanilla extract
- ¼ Teaspoon ground cinnamon

Directions:

Add all ingredients in a bowl and stir well to incorporate syrup evenly. Set aside for few minutes for the chia seeds to soak up the moisture before serving. Enjoy!