



CHIA PUDDING

RECIPE MAKES 3 servings
SERVING SIZE = 1 cup

NUTRITION INFORMATION

Calories: 200
Total Fat: 4 g
Saturated Fat: 0 g
Cholesterol: 5 mg
Sodium: 99 mg
Total Carbohydrate: 18 g
Fiber: 5 g
Added sugar: 4 g
Protein: 22 g

Marion County Public Health Department

NUTRITION SERVICES



CHIA PUDDING

Chia seeds are small edible black seeds from a plant that grows in Central America and other warm climates. Their history dates back to ancient civilizations. And they have come a long way since the 1980's ch-ch-ch-chia pet phenomenon. When soaked in liquid, the seeds absorb the liquid and become soft and gel-like. In this recipe, we use chia seeds soaked in milk and yogurt to create a rice-pudding or tapioca pudding texture. This recipe makes an excellent high protein and high fiber breakfast, and you can make up a large batch for an easy grab and go breakfast or snack.

INGREDIENTS

2 cups plain Greek yogurt
1 cup skim milk, or milk alternative
¼ cup chia seeds
1 Tablespoon maple syrup
1 teaspoon vanilla extract

This recipe is okay on its own, but adding the right toppings takes this recipe to the next level! Suggested toppings: Granola, Toasted almonds, Ground flax seeds, Fresh or frozen fruit, Chocolate chips, Peanut butter

DIRECTIONS

In a large bowl, add all ingredients together.
Whisk well and refrigerate for at least 2-4 hours (ideally overnight).
If pudding is too thick, add a splash of additional milk.
There are lots of varieties of chia pudding, use this recipe as a base to make your own unique recipe. For pumpkin spice chia pudding, try using pumpkin puree in place of some of the Greek yogurt. In place of 2 cups of yogurt, use only 1 ½ cups of plain Greek yogurt and add ½ cup of pumpkin puree. Add pumpkin pie spice (or 1 teaspoon of cinnamon). Top with toasted pepitas and/or a crushed graham cracker. If you don't like the seedy texture, try blending it up in a blender, food processor, or immersion blender.

RECIPE NOTES

Mighty Little Seeds! Chia seeds are packed with fiber, healthy fats, protein, and antioxidants. They are a great plant-based source of heart healthy omega-3 fats, and are rich in minerals like calcium, magnesium, and phosphorus, which aid in bone health. They are considered a "complete protein" meaning that they are high quality protein with all 9 essential amino acids (similar to animal protein).

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.