CHIA SEED CINNAMON BUN PUDDING

This is one of my favourite chia seed recipes! Although the fat content may seem high, there is a large proportion of omega 3 and omega 6 essential fatty acids! Furthermore, this dessert recipe is super high in fibre and protein!

Ingredients:

1.5 cups unsweetened almond milk
1/3 cup dry chia seeds
1 tbsp brown sugar
1 tsp ground cinnamon
1 tsp vanilla extract

Sticky Pecans
2 tbsp real maple syrup
Pinch of salt
¼ cup chopped, toasted pecans

Directions:

1. In a medium bowl, whisk together milk, chia seeds, brown sugar, cinnamon, and vanilla.
2. Cover, and refrigerate overnight.
3. To make the sticky pecans, add maple syrup and salt to a saucepan. Bring to a boil.
4. Remove from heat, and stir in pecans.
5. Let pecans sit for 5 minutes.
6. To serve, divide chia pudding into two bowls. Spoon sticky pecans over pudding, and enjoy!

Nutrients per serving
Makes 2 servings

Calories	330
Fat	17 g
Sodium	215 mg
Carbohydrate	34 g
Fiber	15 g
Protein	10 g

Recipe taken from http://www.iheartеating.com
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