

Energizing Chia Pudding

Ingredients:

1 Tbs white chia seeds (can't see them in your teeth!)
1 Tbs shredded coconut, unsweetened
½ Tbs Hemp Seeds
1 tsp Flaxseed Meal
1 tsp cacao nibs
½ -1 tsp red maca (for energy!). TIP: I get mine at www.Znaturalfoods.com
½ tsp date sugar (or honey or coconut sugar)
6 golden raisins
Dash cinnamon
Dash sea salt
1/2 cup soy, almond, Hemp or coconut milk

Directions:

Stir and let sit overnight.

Stir one more time after a couple of hours if you remember.

Enjoy as a fiber packed, omega 3 goodness snack!

#chiapudding #LOSolutions
#vegansnack #snackattack #omega3
#highfiber



Bonus Tip: I've made many versions of this. Be creative and choose ingredients that you like.

You can add fruit and you can blend everything too. Example: banana chocolate pudding! I like texture so that's why I like to add cacao nibs, coconut, raisins, etc.

Makes: 1 serving

Serving Size: ~150-200 Calories → perfect snack or dessert!

**** Remember to practice Conscious Eating and approximate calories are just a bonus!***



Before:



After:



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