



Creamsicle Chia Pudding

Do you love creamsicles? This 5-minute plant-based chia pudding will have you second-guessing what you're eating - it's bursting with the sweet orange and vanilla flavours of the classic creamsicle while giving you a protein and fibre boost to help you feel full for longer. We really can't say enough good things about chia seeds - they are high in soluble fibre which helps keep your blood sugar stable, gives lasting energy, and help you go to the bathroom too. This nutritious and delicious easy-to-make chia pudding will have you craving another serving in no time.

Recipe makes 2 meal-sized servings or 4 snack-sized servings.

Ingredients:

- 1 cup Original or Vanilla Soy Milk
- 3 tablespoons of chia seeds (black or white)
- ½ teaspoon of orange zest
- Juice from half the orange (save the other half to cut into segments)
- 1 tsp pure vanilla extract
- 1 tsp pure maple syrup

Top with orange segments and sunflower seeds or almond slices (optional)



Directions:

In a medium bowl, combine milk and chia seeds.

Whisk mixture well (at least 2 minutes), making sure to break up chia clumps. Add vanilla, maple syrup, orange zest and orange juice and whisk for about another minute.

Cover and refrigerate for a minimum of 3 hours. You may want to give it another stir about an hour into cooling to help ensure an even consistency.

When ready to serve, add toppings and enjoy!

Tip: Instead of a bowl, make your chia pudding into individual mason jars so they will be ready to go when you're on the run.

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