

MATCHA CHIA PUDDING

Quick and easy to prepare the night before, this will quickly become a breakfast staple. Chia seeds are a good source of healthy omega-3 fatty acids, and when combined with vitamin and mineral-rich plant-based milk and antioxidant-dense fruit, make this a healthy and delicious breakfast choice.

Take this filling pudding to the next level and add a bright, slightly bitter-sweet, and umami flavor and caffeinated boost of energizing matcha tea. Matcha is antioxidant-rich and contains nutrients such as polyphenols, amino acids, and caffeine, which enhance brain performance and offer many health benefits.

INGREDIENTS

2 cups/500 ml plant-based milk*
6 tbsp/90 ml chia seeds
1 oz/30 g Matcha tea powder
1 tbsp/15 ml maple syrup
1 tsp/5 ml vanilla bean paste
¼ tsp/1 ml cinnamon, to taste
Pinch of sea salt

*For a creamier texture, use milk with higher protein, such as soy, cashew, or coconut milk

RATIO: Chia seeds to plant-based milk

Thicker Pudding: 2 tbsp/30 ml to ½ cup/125 ml milk

Softer Texture: 1- 1 ½ tbsp/15-22ml to ½ cup/125 ml

METHOD

Whisk together the milk, matcha powder, chia seeds, and maple syrup in a medium bowl. Divide amongst four – 5 oz lidded jars, cover, and shake to combine. Chill overnight for chia pudding to set. Top with berries, nuts, and maple syrup as desired.

Topping choices are endless; select fresh or frozen berries: tart cherries, blackberries, blueberries, or raspberries. Add a little crunch with chopped nuts, granola, or coconut flakes. For those who like sweetness, drizzle your toppings with Maple syrup for a jarful of healthy goodness.