

Pumpkin Pie Chia Seed Pudding

Prep Time: 5 Min Cook Time: 4 Hours Total Time: 4 Hours, 5 Min



SERVINGS: 1

Nutritional Facts

Serving Size: 1 cup (337g)

Amount Per Serving

Calories 198 Calories from Fat 68

% Daily Value*

Total Fat 7g	12%
Saturated Fat 0g	3%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 226mg	10%
Total Carbohydrate 31g	9%
Dietary Fiber 10g	38%
Sugars 16g	

Protein 4g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1/2 cup pumpkin puree
- 1.5 tbsp chia seeds
- 1/2 cup unsweetened vanilla almond milk
- 1/16 tsp vanilla extract
- 1/2 tsp pumpkin pie spice
- 1 tbsp maple syrup (or Stevia for lower calorie, Paleo)

Directions

- 1 Place the pumpkin, chia seeds, milk, vanilla extract, pumpkin pie spice, and maple syrup in a glass. Stir together well.
- 2 Cover and place in the fridge for 4 hours or more. Eat for breakfast, a snack, or dessert.

Notes

