

# 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\*

<b>Total Fat</b> 7g	12%
Saturated Fat 0g	3%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
Sodium 226mg	10%
<b>Total Carbohydrate</b> 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



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WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

