

# "Rice" Pudding

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## Ingredients:

- 1 can coconut (or almond) milk
- 1 Tbsp vanilla
- 2 Tbsp Maple syrup
- 1/3 cup chia seeds
- Optional: Garnish with berries, dried fruit, nuts, seeds, or spices of your choosing.

## Preparation:

1. Whisk together milk of choice, vanilla, and Maple syrup until well combined.
2. Add chia seeds, stirring consistently for a few minutes until all seeds are coated.
3. Let sit for 1-2 hours so the seeds can expand in the liquid.
4. If you prefer it cold, stick the mixture in the fridge or freezer. Note: this will significantly harden the pudding since the milk solidifies at colder temperatures.
5. Garnish with desired toppings. Sprinkling with nutmeg or cinnamon adds a nice hint of spice. Toasted sliced almonds or raisins work nicely on top.