



WESTON NUTRITION & WELLNESS

Quick Chia Pudding

PREP TIME: 5 MIN

SERVES: 1

This is a great way to add a bit of fiber and protein to the meal - as a side , sweet or snack. If enjoying with a meal I suggest you make it first so it's ready to eat when the rest of the meal is ready.

Ingredients

1 ½ - 2 tablespoons chia seeds
1 tsp psyllium husk or flax meal
2 - 3 tablespoons milk
3 - 4 tablespoons applesauce
cinnamon to taste

Optional:

1 tablespoon collagen

Directions

- 1. Combine ingredients:** Mix ingredients in a small bowl until combined well.
- 2. Wait to thicken:** Wait 10-15 minutes for the mixture to thicken.
- 3. Stir once more:** Stir once more to ensure all ingredients are well combined.

Enjoy!

