

Prep Time	5 minutes
Chill Time	4 hours (Overnight recommended)
Total Time	4 hours 5 minutes
Difficulty Level	Very Easy
Recipe Intensity	Low (Zero cooking required)
Servings	2 servings
Dietary Info	Gluten-Free, Vegan-Option, Low-Carb Friendly, High-Fiber

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Equipment Needed

- Mixing Bowl or Mason Jars: 16 oz glass mason jars with tight-fitting lids work best for meal prep.
- Whisk or Fork: Crucial for separating chia seeds during the initial mixing.
- Measuring Spoons & Cups: For accurate liquid-to-seed ratios.

Ingredients

- ½ cup Chia Seeds (Black or white chia seeds both work equally well)
- 2 cups Milk of Choice (Unsweetened almond, oat, coconut, soy, or whole dairy milk)
- 1 to 2 tbsp Pure Maple Syrup or Honey (Adjust sweetness to taste; use stevia or monk fruit for keto/low-carb)
- 1 tsp Pure Vanilla Extract (Or vanilla bean paste for rich specks)
- ¼ tsp Ground Cinnamon (Optional, for extra warmth)
- Pinch of Fine Sea Salt (Balances and enhances sweetness)

Step-by-Step Instructions

1. Combine the Dry & Liquid Base

In a medium mixing bowl or directly inside a 16 oz glass mason jar, add ½ cup chia seeds, 2 cups milk, 1-2 tbsp maple syrup or honey, 1 tsp vanilla extract, ¼ tsp ground cinnamon, and a pinch of fine sea salt.

2. Whisk Thoroughly

Vigorously whisk or stir the mixture with a fork for a full 60 seconds. Ensure all seeds

are completely submerged in liquid and no dry clumps remain at the bottom corners of your vessel.

3. Rest & Re-Stir (Crucial Step)

Allow the mixture to sit at room temperature for 5 to 10 minutes. During this time, the seeds will begin settling and forming a gel. Whisk or stir vigorously once more to break up any clumps that have formed. *This double-stirring step guarantees a uniform, lump-free texture.*

4. Chill and Set

Cover the bowl or seal the mason jar tightly with a lid. Place it in the refrigerator to set for at least 4 hours, or ideally overnight for the thickest, creamiest consistency.

5. Stir & Serve

Remove from the fridge, give the pudding one final stir, and divide into two serving bowls or glasses. Top with your favorite fresh fruits, nuts, or seeds before serving.

Popular Flavor Variations

- **Chocolate Fudge:** Whisk 1½ tablespoons of unsweetened cocoa powder or cacao powder into the base liquid before adding seeds.
- **Tropical Coconut & Mango:** Use canned light coconut milk as your liquid base and top the set pudding with fresh diced mango, toasted coconut flakes, and passionfruit.

- **Matcha Green Tea:** Whisk 1 teaspoon of culinary-grade matcha powder with a splash of warm milk first to dissolve, then incorporate into the full recipe.
- **Peanut Butter & Jelly:** Swirl 1 tablespoon of creamy natural peanut butter into the bottom of the glass before pouring in the pudding, then top with a dollop of fresh berry chia jam.

Chef's Tips for Success

- **Master the Ratio:** The gold standard ratio for classic chia seed pudding is 1 part chia seeds to 4 parts liquid (e.g., $\frac{1}{4}$ cup chia seeds to 1 cup liquid). If you prefer a ultra-thick, scoopable pudding, reduce liquid slightly to $1\frac{1}{2}$ cups for $\frac{1}{2}$ cup of seeds.
- **Fixing Clumps:** If you forget to do the secondary stir and find your pudding has separated into a dense layer on top or bottom, simply blend the entire mixture in a high-speed blender for 30 seconds. You will end up with an ultra-smooth, chocolate-mousse-like texture!
- **Storage & Meal Prep:** Chia seed pudding stores exceptionally well in airtight containers in the refrigerator for up to 5 to 7 days. Prepare a double batch on Sunday night for effortless breakfasts all week long.

Suggested Toppings

- **Fresh Berries:** Blueberries, raspberries, sliced strawberries, or blackberries.

- **Crunchy Nuts & Seeds:** Sliced almonds, chopped walnuts, pumpkin seeds (pepitas), or hemp hearts.
- **Dried Fruit & Sweets:** Toasted coconut shreds, cacao nibs, dark chocolate chips, or raisins.
- **Drizzles:** Almond butter, peanut butter, warm honey, or fruit puree.

Nutritional Information

(Calculated per serving based on 2 servings using unsweetened almond milk and 1 tablespoon maple syrup total. Values are approximate.)

Nutrient	Amount Per Serving	% Daily Value*
Calories	215 kcal	—
Total Fat	10.5 g	13%
<i>Saturated Fat</i>	1.2 g	6%
<i>Omega-3 Fatty Acids</i>	4,900 mg	—
Sodium	180 mg	8%
Total Carbohydrate	24.5 g	9%
<i>Dietary Fiber</i>	11.0 g	39%
<i>Total Sugars</i>	8.0 g	—
Protein	6.5 g	13%
Calcium	380 mg	30%
Iron	2.8 mg	16%
Potassium	210 mg	4%