

6 Ways to Make Healthy Chia Seed Pudding (Infographic)

A healthy (and tasty) treat, no cooking required

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If you haven't tried [chia seed](#) pudding yet, you're in for a real (and healthy) treat.

Besides supplying heart-healthy omega-3s, [chia seeds](#) keep your blood sugar balanced and are full of minerals and antioxidants. They're also rich in calcium, potassium and iron.

Plus, there's no cooking involved! Chia seeds absorb up to 10x their weight in liquid. Just soak them in your [milk of choice](#) and these teeny seeds transform themselves into a pudding with a consistency similar to tapioca. Here are 6 flavor variations for starters.

NUTRITION INFO:

Serving: 2 tablespoons chia seeds (28g) with ½ cup (120ml) unsweetened almond milk, Calories 152*. Fat 10g, Protein* 5g, Fiber 11g.

*Total calories, protein and fat will be higher if made using a higher-fat milk as well as for flavors including chocolate and nuts.



THE POWER OF CHIA PUDDING

Looking for an easy way
to sneak healthy fats into your diet?

Chia seed pudding is one tasty answer. You'll get omega-3 fatty acids — "good fats" that promote heart and joint health and aid memory. It's a perfect snack, dessert or even breakfast!



MASTER RECIPE 1 serving

½ cup milk (low-fat, non-fat, soy, almond, coconut, rice, hemp or other unsweetened non-dairy)

2 tablespoons chia seeds (whole, not ground)

In a small bowl, combine your chia seeds and milk of choice. Mix well. Set in the refrigerator for at least 3 hours, but preferably overnight. When you're ready to eat, give a quick stir and add any of these tempting toppings.

COCOA LOCO

1 Tbsp cocoa powder
¼ tsp vanilla extract
pinch cinnamon
1 Tbsp maple syrup

SWEET ALMOND

¼ tsp almond extract
pinch of cardamom
1 tsp honey
1 Tbsp sliced almonds

CHAI CHIA

½ tsp vanilla extract
¼ tsp cinnamon
¼ tsp ginger
¼ tsp cardamom
¼ tsp cloves
¼ tsp black pepper
1 Tbsp maple syrup

CHOCOLATE RASPBERRY

Handful of fresh raspberries
1 tsp dark chocolate shavings
½ tsp vanilla extract
1 tsp brown rice syrup

PISTACHIO

1 tsp chopped pistachios
Two drops rosewater
Pinch of cinnamon
Pinch of cloves
1 tsp honey

MANGO- BLUEBERRY

¼ cup diced, fresh mango
Handful of blueberries
½ tsp vanilla
1 tsp shredded unsweetened coconut
1 tsp raw honey