

Raspberry Chia Seed Pudding

Basic Chia Pudding (1 or 2 servings)

- ¼ cup chia seeds
- 1 cup unsweetened plant milk
- 1 teaspoon vanilla
- Optional:
1 tablespoon date syrup

Raspberry Layer

- 1 cup frozen raspberries
- Optional: 1 to 2 tablespoons date syrup
- sliced banana

1. Date syrup: soak 6 medjool dates in hot water for at least ten minutes, then blend dates and soaking water very well
2. Chia seed pudding: whisk chia seeds, plant milk, and vanilla in a bowl and refrigerate for at least an hour (stir occasionally)
3. Raspberry layer: simmer frozen berries on medium-high heat for at least ten minutes, until liquid thickens slightly (will coat the back of a spoon)
4. Serving: using a transparent glass dish, spoon raspberry layer into bottom of dish, add a layer of sliced banana, spoon in a layer of pudding and repeat as desired, optional: add fresh berries and banana slices on top

