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Chia Seed Pudding

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Chia seed pudding is a delicious and healthy summer dessert. It is made by combining chia seeds with milk and letting it sit overnight to thicken. The pudding is then topped with sliced banana and vegetable oil sticks for added flavor and texture. It is a refreshing and nutritious treat that is perfect for hot summer days.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 ml	Milk
40 g	Chia seed
100 g	Banana

Directions

Step 1

Mixing

In a bowl, mix together milk, chia seeds, honey, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Refrigerating

Cover the bowl and refrigerate overnight or for at least 4 hours.

Prep Time: 0 mins

Cook Time: 127 mins

Step 3

Stirring

Before serving, stir the pudding to ensure the chia seeds are evenly distributed.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Plating

Divide the pudding into serving bowls and top with sliced banana, vegetable oil sticks, and a sprinkle of cinnamon.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fat	10 g	35.71%	40%

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	150 mg	15%	15%
Iron	2 mg	25%	11.11%

Recipe Attributes

Seasonality

Summer

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Dessert

Course

Desserts

Drinks

Snacks

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