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Raspberry Chia Seed Pudding ♦♦

Raspberry Chia Seed Pudding is a vegan dessert made with chia seeds and fresh raspberries. It is a healthy and delicious treat that can be enjoyed for breakfast or as a snack. The chia seeds are soaked in almond milk and sweetened with maple syrup, creating a creamy and flavorful pudding. The raspberries add a burst of freshness and a vibrant color to the dish. This recipe is easy to make and can be customized with your favorite toppings.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

40 g	Chia Seeds
400 ml	almond milk
4 tbsp	Maple syrup

100 g Raspberries

Directions

Step 1

In a bowl, combine chia seeds, almond milk, and maple syrup. Stir well to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Refrigerating

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

Prep Time: 0 mins

Cook Time: 127 mins

Step 3

Before serving, divide the chia seed pudding into serving bowls or jars.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Top with fresh raspberries and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 8 g

Protein: 6 g

Carbohydrates: 23 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	23 g	41.82%	46%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	10 g	26.32%	40%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	25 mg	27.78%	33.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	25 mg	2.5%	2.5%
Iron	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Events

Christmas

Thanksgiving

Valentine's Day

Game Day

Cuisines

Thai

Japanese

Mediterranean

Course

Desserts

Salads

Snacks

Cultural

Chinese New Year

Diwali

Easter

Demographics

Lactation Friendly

Diet

Vegetarian Diet Vegan Diet Pescatarian Diet Ovo-Vegetarian Diet

Lacto-Vegetarian Diet Low Sodium Diet The Fast Metabolism Diet

Nutrient Timing Diet The 80/10/10 Diet The Gerson Therapy

The Grapefruit Diet The Breatharian Diet The Werewolf Diet

The Shangri-La Diet The Best Life Diet The Peanut Butter Diet

The Bulletproof Diet The Starch Solution Diet The Vertical Diet The GOLO Diet

The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet

The Low-Residue Diet The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The IBS (Irritable Bowel Syndrome) Diet The Salicylate Sensitivity Diet

The Diabetes Diet The Hypothyroidism Diet The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures) The Low-Fat Diet

The High-Protein Diet The High-Calcium Diet The Low-Potassium Diet

The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin C Diet

The Low-Vitamin K Diet The Spring Detox Diet The Winter Warming Diet

The Low-Sulfur Diet The Acne Diet The Migraine Diet The Adrenal Fatigue Diet

The Hashimoto's Disease Diet The Diverticulitis Diet The Tinnitus Diet

The Menopause Diet The Chronic Urticaria Diet The Low Tyramine Diet

The Lactose-Free Diet The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Graves' Disease Diet The Addison's Disease Diet The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Insomnia Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)

The Bipolar Disorder Diet

The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type B Diet

Blood Type AB Diet

Cooking Method

Grilling

Boiling

Steaming

Sautéing

Whipping

Cutting

Cut

Plating

Serving

Cooking

None

Stir-frying

Heating

Refrigerating

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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