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## Chia Pudding ♦♦

Chia pudding is a nutritious and delicious vegan dessert or breakfast option. It is made by soaking chia seeds in plant-based milk and sweetening it with natural sweeteners. Chia pudding can be enjoyed with various toppings such as fresh fruits, nuts, and seeds. It is a popular choice among vegans and those looking for a healthy, dairy-free alternative.

**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

<b>30 g</b>	Chia Seeds
<b>200 ml</b>	plant-based milk
<b>2 tbsp</b>	Maple syrup
<b>1 tsp</b>	Vanilla Extract

<b>100 g</b>	fresh fruits
<b>30 g</b>	Nuts
<b>20 g</b>	seeds

## Directions

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### Step 1

Mixing

In a bowl, combine chia seeds, plant-based milk, maple syrup, and vanilla extract.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Stirring

Stir well to ensure the chia seeds are evenly distributed.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

Refrigerating

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

**Prep Time:** 0 mins

**Cook Time:** 127 mins

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## Step 4

**Stirring**

Once the chia pudding has set, give it a good stir.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

**Dividing**

Divide the chia pudding into serving bowls or jars.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

**Sprinkling**

Top with fresh fruits, nuts, and seeds.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 180 kcal

Fat: 10 g

Protein: 6 g

Carbohydrates: 17 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	17 g	30.91%	34%
Fibers	10 g	26.32%	40%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	280 mg	28%	28%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	240 mg	7.06%	9.23%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
 Game Day

### Meal Type

Breakfast Brunch Snack

### Difficulty Level

Easy

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