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### **Overnight Chia Pudding**

3 tablespoons whole chia seeds

1/4 teaspoon ground cinnamon

1/4 teaspoon ground cardamom (optional)

1/2 cup nut milk

1/2 cup washed organic berries

2 tablespoons hemp seeds (can substitute toasted or raw pumpkin or sunflower seeds)

2 tablespoons unsweetened coconut flakes (optional)

In a medium bowl, combine the chia seeds, cardamom, and cinnamon and pour the nut milk over the mixture.

Let rest to firm up in the refrigerator overnight.

In the morning, wash the fruit and slice into bite-sized pieces if needed.

Top the thickened chia seed pudding with berries, coconut flakes and any other seeds.

Enjoy!