

CHIA PUDDING

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Chia Pudding is one of my favorite treats, I've been eating it daily! So delicious and filling. Easy to make with just a few ingredients.

INGREDIENTS

- 1/3 cup almond milk (no sugar added)

- 2 TBS Chia Seeds
- Cinnamon
- 1/2 cup fruit
- Sprinkle of Shakeology

ENJOY!





