Cinnamon Walnut Chia Pudding

A creamy, low-carb chia seed pudding soaked in almond milk, lightly spiced with cinnamon, and topped with crunchy walnuts for a protein-rich, satisfying breakfast or snack.

Servings: 2 **Time:** 5 minutes

Ingredients

- 3 tablespoons chia seeds
- 1 cup unsweetened almond milk
- 1/2 teaspoon ground cinnamon
- 2 tablespoons crushed walnuts
- 1 teaspoon vanilla extract
- 1 teaspoon low-carb sweetener (optional)

Instructions

1. In a jar or bowl, combine chia seeds, almond milk, cinnamon, vanilla extract, and sweetener (if using).
2. Stir well to mix all ingredients evenly.
3. Cover and refrigerate for at least 4 hours or overnight, stirring once after 30 minutes to prevent clumps.
4. Before serving, stir the pudding again and top with crushed walnuts.

powered by dishgen