Crunchy Almond Chia Pudding

A creamy low-carb chia pudding soaked in unsweetened almond milk, topped with crunchy nuts for a satisfying, high-protein breakfast or snack.

Servings: 2 **Time:** 125 minutes

Ingredients

- 3 tablespoons chia seeds
- 1 cup unsweetened almond milk
- 1/2 teaspoon vanilla extract
- 1 tablespoon chopped almonds
- 1 tablespoon chopped walnuts
- 1 teaspoon unsweetened shredded coconut (optional)
- Sweetener of choice to taste (e.g., stevia or monk fruit)

Instructions

1. In a small bowl, combine chia seeds, unsweetened almond milk, vanilla extract, and sweetener if using.
2. Stir well to prevent clumps and let the mixture sit for 5 minutes.
3. Stir again to break up any clumps, then cover and refrigerate for at least 2 hours or overnight.
4. Before serving, give the pudding a good stir to smooth the texture.
5. Top with chopped almonds, walnuts, and shredded coconut if desired.

powered by dishgen