# Creamy Almond Milk Chia Pudding

*A simple, low-carb chia pudding soaked overnight in almond milk, perfect for a high-protein, weight-loss friendly breakfast or snack.*

**Servings:** 2 **Time:** 10 minutes

## Ingredients

- 3 tablespoons chia seeds
- 1 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 1 tablespoon powdered erythritol or preferred low-carb sweetener
- Fresh berries (optional, for topping)

## Instructions

1. In a bowl or jar, combine chia seeds, almond milk, vanilla extract, and sweetener.
2. Stir well to mix all ingredients thoroughly and prevent clumping.
3. Cover and refrigerate overnight or for at least 6 hours to allow the pudding to thicken.
4. Before serving, stir the pudding again and add fresh berries if desired.

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