



Cherry Chia Pudding

Favorite Healthy Choice Recipe of the Detroit Red Wings

INGREDIENTS:

- 2 tablespoons chia seeds
- ½ cup unsweetened plant milk – coconut milk is delicious to try!
- ½ cup fruit of choice– cherries, raspberries, strawberries, blueberries or pomegranates

Optional

- Dash of vanilla extract, honey, or maple syrup
- ½ teaspoon of your favorite spices – cinnamon, cardamom, nutmeg
- Granola, shredded coconut, oats, hemp seeds, ground flax, etc.



DIRECTIONS:

1. Combine and stir all ingredients in a bowl.
2. Refrigerate for 2 hours or overnight.

This is great recipe to make enough for the week!

This recipe has been reviewed by board certified Lifestyle Medicine dietitians to ensure nutritional value and alignment with evidence-based healthy eating principles.

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