

# Easy 3-Ingredient Chia Seed Pudding



## Easy Chia Seed Pudding

### Ingredients:

2-3 Tbsp Chia seeds

8 oz (1cup) Ripple (pea protein milk), almond or coconut milk

1/2 tsp cinnamon

### Directions:

It cannot be easier: just combine all the ingredients, mix, wait 10 minutes, mix them again.

Refrigerate for 3-4 hours, enjoy within 5-6 days! You can sprinkle anything you like on top. My top choices are soaked nuts, berries, and coconut flakes. Great as a snack and on the go.