

Matcha Chia Seed Pudding

If you like chia pudding, you've probably tried various chocolate recipes already, but have you tried matcha powder for a fresh and invigorating taste? Matcha (powdered green tea leaves) has become one of my favorite ways to add a little invigorating freshness to my chia puddings!

Rich in antioxidants, matcha is a powerful ingredient with many health benefits. I love matcha pudding as an afternoon snack – it gives me a boost of energy and helps me focus! It has slightly more caffeine than regular green tea, so it's also a great option if you're looking for a coffee alternative!

The quality of matcha powder can vary greatly from brand to brand. This is a product where you get what you pay for. A good quality matcha should have a bright green color and a sweet, earthy flavor.



Ingredients:

- 4 tablespoons of chia seeds
- 1 cup of dairy-free milk (oatmilk, almond, or coconut milk)
- 1/2 tablespoon of matcha powder
- 1 tablespoon of honey
- a splash of vanilla extract
- Whipped coconut cream (optional)
- Chocolate chips (optional)



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Directions:

1. Mix all the ingredients (except the chocolate chips) for the matcha pudding in another bowl.
2. Let the pudding stand for a couple of minutes and then stir again to prevent the sticking of chia seeds.
3. Leave in the refrigerator overnight or for at least two hours.
4. Divide the chia pudding into small glasses or jars and garnish with chocolate chips and/or coconut whipped cream if desired.