



FOODCOACH
by DANA JAMES

Breakfast Recipes

Chia Seed Pudding

Yields: One Serving

This dish makes an incredible breakfast or healthy dessert.

- 2 tbs Chia Seeds
- 1/2 cup Almond Milk
- 1/2 tsp Cinnamon
- 1 inch Vanilla Bean, Scraped
- 1 dash Himalayan Salt (optional)

To make, add all ingredients to a small bowl and whisk until well mixed. Let the mixture sit for 15 minutes (until it has set to a tapioca like consistency) and enjoy this delicious pudding!

Recipe Adapted from: Organic Avenue

