



Pumpkin Chia Pudding

INGREDIENTS:

- ½ cup chia seeds
- 1 teaspoon ground cinnamon
- ½ teaspoon ground allspice
- ½ teaspoon ground ginger
- ¼ teaspoon ground cardamom
- ⅛ teaspoon ground nutmeg
- 1 ½ cups unsweetened coconut milk beverage
- 1 Tablespoon maple syrup (*or more to taste*)
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract
- 15-ounce can pumpkin puree

Serving suggestions: chopped raw almonds and/or toasted coconut flakes

PREPARATION:

(Serves 4)

This is basically a dump and stir recipe.

First - The chia and 5 dry spices. Dump. Stir.

Second- The milk, maple syrup, and two extracts. Dump. Stir.

Once they are combined and the spices are dissolved, fold in the pumpkin.

Store, refrigerated, in an airtight container.

To serve, microwave with an additional splash of coconut milk until warmed through (or serve cold) and top with chopped almonds and coconut flakes.



Recipe courtesy of Katy Keck
PALATE. PASSION. PURPOSE.

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