



## CHIA SEED BREAKFAST PUDDING

By: Eat To Live - Joel Fuhrman, M.D.

Serves: 1

### Ingredients

- 1/2 C unsweetened nut or plant milk
- 2 Tbs chia seeds
- 2 Tbs old-fashioned oats
- 1/2 banana, sliced
- 1/2 C fresh or frozen (thawed) blueberries

### Directions

In a bowl, mix together plant milk, chia seeds, and oats. Let mixture sit for 10 minutes. (or you can let it set overnight)

Stir in banana and blueberries. Add additional plant milk to reach desired consistency if necessary.

### **Nutrition per serving:**

Calories: 306.4  
Fat: 12.9 g  
Sat. fat: 1.5 g  
Carbohydrates: 43 g  
Fiber: 11.5 g  
Sugar: 15.6 g  
Sodium: 8.7 mg  
Protein: 8.6 g  
Vitamin A: 2%  
Vitamin C: 23%  
Calcium: 14%  
Iron: 28%