

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chia Seed Pudding

From "Feel Good Food" by Giada De Laurentiis

This is a yummy, no-cook creamy pudding that's good for you. Once plumped in almond or coconut milk and creamy yogurt, the chia seeds are a lot like tapioca – only they are high in omega-3's and fiber. Chia seeds can be found in some grocery stores, as well as natural food stores. The great part, too, is that you make this pudding the night before. Come morning, you just pull it out of the fridge and top it with some almonds and fruit, and breakfast is ready.

Serves 4

1 cup vanilla-flavored unsweetened almond or coconut milk
1 cup plain Greek Yogurt (Organic is best)
2 Tbsp pure maple syrup, plus 4 tsp for serving
1 tsp pure vanilla extract
1/8 tsp kosher or sea salt
1/4 cup chia seeds
1 pint strawberries, hulled and diced
1/4 cup sliced almonds, toasted*

1. In a medium bowl, gently whisk the almond milk, yogurt, the 2 Tbsp maple syrup, vanilla, and salt until just blended. Whisk in the chia seeds. Let stand for 30 minutes. Stir to distribute the seeds if they have settled. Cover and refrigerate overnight.
2. The next day, in a medium bowl, toss the berries with the remaining 4 tsp maple syrup. Mix in the almonds.
3. Spoon the pudding into 4 bowls, mound the berry mixture on top, and serve.

*To toast sliced almonds, arrange in a single layer on a baking sheet. Bake in a preheated 350° oven until lightly toasted, 6 to 8 minutes. Let cool completely before using.

You can also try a combination of dark chocolate, roasted pistachios, mango and chopped fresh mint on top. Even blueberries and coconut, or just bananas and cinnamon would be good. Whatever you like!