

# MATCHA TEA CHIA SEED PUDDING

A HEALTHY SNACK, HIGH IN OMEGA 3 FATTY ACIDS,  
EASY AND DELICIOUS!



Pour 1 cup of almond milk (or any nut milk of preference) in a large measuring cup, add 4 tablespoons of chia seeds, 1/2 to 1 tablespoon of matcha powder, and maple syrup to taste. Mix well.



Pour mixture into a jelly jar or mason jar. Cover tightly and refrigerate.



Refrigerate for at least four hours, preferably over night to allow the chia to absorb the liquid.



Garnish and enjoy!