

Almond Milk Chia Seeds Pudding with Fresh Fruits

Recipe Makes: 2 serving

Nutritional Value (per serving)

Calories: 279 kcal **Protein:** 10.2 g **Carbohydrate:** 31.4 g **Fat:** 13.7 g

Ingredients

For Chia Pudding

1/4 cup Chia Seeds

1 cup Almond Milk

1 tablespoon Raisins

1 tablespoon Walnuts, chopped

½ teaspoon Vanilla Extract

¼ teaspoon Cinnamon Powder (Dalchini)

2 teaspoons Honey

For Garnishing

Fresh fruits, of your choice or seasonal



Instructions

1. To begin making Almond Milk Chia Seeds Pudding with Fresh Fruits Recipe, in a mixing bowl combine, the chia seeds with almond milk, raisins, walnuts, vanilla essence, cinnamon powder, honey.
2. Fill dessert glass cups with the mixture. Cover them with a cling film and refrigerate overnight.
3. Garnish with raisins and chopped walnuts and fresh seasonal fruits and serve Almond Milk Chia Seeds Pudding with Fresh Fruits.