



Pumpkin Chia Seed Pudding

2 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 1 cup almond or coconut milk
- ½ cup dry chia seeds
- ¼ cup unsweetened pumpkin puree
- 1 Teaspoon honey or agave syrup
- 1 teaspoon pumpkin pie spice
- Optional: almonds (sliced) or pecans

DIRECTIONS

1. In a small bowl, combine the milk and chia seeds. Stir well and cover with a plastic wrap.
2. Place the bowl in the refrigerator and let sit for 1 hour or overnight.
3. Add pumpkin puree, honey or agave, pumpkin pie spice, and nuts. Stir well to combine.

Nutrition Facts

2 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	320
	% Daily Value*
Total Fat 22g	28%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 31g	11%
Dietary Fiber 25g	89%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 13g	
Vitamin D 1mcg	6%
Calcium 594mg	45%
Iron 4mg	20%
Potassium 95mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Botanical Garden

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