



Lemon Blueberry Chia Seed Pudding



Estimated Time: 15 mins

Nutrition Per Serving

4 servings (½ cup per serving)

Calories	254
Protein	5.6g
Total Carbohydrates	37g
Net	28.6g
Sugar	23g
Fiber	8.4g
Total Fat	11g
Saturated Fat	1g
Polyunsaturated Fat	6.2g
Monounsaturated Fat	1.6g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	47mg
Potassium	430mg
Phosphorus	246mg
Calcium	212mg

Ingredients

- 1 ½ cups oat milk
- ½ cup chia seeds
- ¼ cup maple syrup
- 2 teaspoons lemon extract
- 1 tablespoon lemon zest (zest from 1 lemon)
- 2 tablespoons fresh lemon juice (juice from 1 lemon)
- 2 cups fresh blueberries

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Directions

1. Start by warming oat milk and maple syrup until the syrup is dissolved.
2. In a bowl, combine lemon extract and lemon zest ingredients. Then, add chia seeds, stirring until the mixture is well combined.
3. Place the mixture in the refrigerator to set for 5 minutes.
4. Next, remove the mixture from refrigerator and stir well. Then, let the mixture set for an additional 5 minutes.
5. Divide and pour the chia seed mixture into four jars or small glasses. Cover with a secure lid and refrigerate for at least 2 more hours.
6. Lastly, place blueberries on top of dessert before serving.

Recipe provided by
Chef Duane

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.