Strawberry Chia Seed Pudding

Source: Adapted from Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

This pudding is made with strawberries, chia seeds, and nondairy milk, which combine for a healthy and tasty treat!

About the Recipe

110 Calories · 2.3 g Protein · 5 g Fiber
Dessert
Gluten-free · Nut-free

Do not use a nut-based milk. Opt for soy or coconut.

Ingredients

Makes 2 Servings

- 1 1/2 c (225 g) frozen strawberries
- 1 1/2 tbsp (23 mL) white chia seeds; black chia seeds will discolor the pudding
- 1 tbsp (15 mL) pure maple syrup or another sweetener
- 1 tsp (5 mL) lemon juice
- pinch (0.6 mL) iodized salt
- 1/2 c plus 2 to 3 tbsp (180 mL) low-fat nondairy milk

Directions

1. In a blender, combine the strawberries (fresh or frozen), chia seeds, syrup, lemon juice, salt, and milk. Puree until the seeds are fully pulverized and the pudding begins to thicken. (It will thicken more as it cools). Add the extra 1 tbsp (15 mL) of milk if needed to blend.
2. Transfer the mixture to a large bowl or dish and refrigerate until chilled, about an hour or more. (It will thicken more with chilling, but really can be eaten right

away.)
3. Chia seeds note: In this recipe the best is to use white chia seeds, as black will discolor the pudding.

Nutrition Facts

Per serving:

Calories: 110

Fat: 3.3 g

Saturated Fat: 0.3. g

Calories From Fat: 26%

Cholesterol: 0 mg

Protein: 2.3 g

Carbohydrate: 19.6 g

Sugar: 12.2 g

Fiber: 5 g

Sodium: 135 mg

Calcium: 214 mg

Iron: 1.9 mg

Vitamin C: mg

Beta-Carotene: 68.1 mcg

Vitamin E: 2.8 mg