



Pumpkin Chia Pudding

Prep Time: 10 minutes

Soak Time: 3 Hours

Serves: 6

Difficulty: Easy

Ingredients

Caramel Sauce

- 1 1/2 cups almond milk, cashew milk or oat milk
- 1 cup canned pumpkin or homemade pumpkin puree
- 1 Tablespoon maple syrup
- 6 Tablespoons chia seeds
- 1 Teaspoon vanilla
- 2 Teaspoons pumpkin pie spice
- 2 Tablespoons Monk Fruit (sugar or sugar substitute you prefer)
- Toppings: whipped cream, chopped pecans, cinnamon

Preparation

1. Whisk together pumpkin, milk, maple syrup, spice and vanilla.
2. Add chia seeds and whisk well.
3. Cover and refrigerate for at least 3 hours or overnight. You'll want to add the extra toppings before you serve it.
4. Add whipped cream, chopped pecans and sprinkle of cinnamon.
5. Store leftovers in an air-tight container in the fridge for up to 4-5 days.