



black+blum
LONDON

Fruity Chia Pudding

A quick and easy breakfast or to whip up in the morning or even the night before. Peach and raspberries are a great summer fruit combination, but you could also switch it up for banana and blueberry, or pineapple and kiwi for a tropical twist. This pudding will keep in the fridge for up to 5 days, so double or triple the batch for ready-made pudding during the week.

FEATURED PRODUCT:

Black & Blum Glass Lunch Pot

INGREDIENTS

- 3 tbsp chia seeds
- 250ml (8fl oz, 3/4 cup) almond milk
- 2 tsp maple syrup, or other sweetener, to taste
- 1 peach, sliced
- A small handful of raspberries

INSTRUCTIONS:

1. In a Glass Lunch Pot, combine the chia seeds and almond milk. Whisk together with a fork, then wait a couple minutes and whisk again (this will stop the chia seeds from clumping).
2. Add the maple syrup and whisk again to combine.
3. Cover and transfer to the fridge. Allow the chia seeds to absorb the liquid mixture for at least 20 minutes, or until a thick pudding consistency. (Or you can keep it covered in the fridge overnight if you prefer.)
3. When ready to eat, remove from the fridge, top with the fruit, and enjoy.

Serve and enjoy!