

# Blueberry Nut Chia Pudding

A healthy and delicious chia pudding layered with fresh blueberries and crunchy nuts, perfect for a wholesome breakfast packed with fiber and antioxidants.


**5 min**

Total time

**Easy**

Difficulty

**280**

kcal / serving

## Ingredients

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1 tsp honey or maple syrup
- 1/2 cup fresh blueberries
- 2 tbsp chopped mixed nuts (walnuts, almonds, pecans)
- 1/4 tsp vanilla extract
- A pinch of cinnamon (optional)

## Steps

- 1 In a bowl or jar, combine chia seeds, almond milk, honey or maple syrup, vanilla extract, and cinnamon. Stir well.
- 2 Cover and refrigerate for at least 4 hours or overnight until it thickens to a pudding-like consistency.
- 3 Before serving, give the pudding a good stir to remove clumps.
- 4 Layer or top the pudding with fresh blueberries and chopped nuts.
- 5 Serve chilled and enjoy a nutritious breakfast.