

# PUMPKIN PIE CHIA SEED PUDDING

Vegan | Gluten-free  
Makes 1-2 servings

## INGREDIENTS

- 3 TBSP chia seeds
- 1 tsp pumpkin pie spice (or 1/4 tsp cinnamon + 1/8 tsp ginger, nutmeg, and cloves)
- 1-3 tsp maple syrup (to desired sweetness)
- 1/3 cup pure pumpkin
- 1/2 tsp vanilla extract (optional)
- 1 cup almond milk (or other milk of choice)

## DIRECTIONS

1. Combine all ingredients in a sealable jar
2. Shake well. Wait 2-3 minutes and mix again (to avoid chia seeds clumping at the bottom)
3. Refrigerate for at least one hour.
4. Top and enjoy!

## SERVING SUGGESTIONS

- Layer with yogurt of any kind and add graham crackers, chocolate, whipped cream, and caramel/honey
- Enjoy with pomegranate seeds and granola
- Top with apple slices and extra cinnamon

