GLOBAL · BREAKFAST · SNACK

Meal-Prep Chia Pudding

20 min · Serves 1 · 262 kcal a serve · Video 10:57 · Downshiftology

Vegan · Paleo · Gluten-free ingredients

Two tablespoons of chia seeds give about 8 g of fibre and plenty of plant omega-3 (ALA); with homemade cashew milk and berries it is a no-cook breakfast with only about ½ tsp of maple syrup.

Diet notes: Low saturated fat (2.2 g, 8% of the energy); DASH-friendly (10 mg sodium a serve).

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Ingredients 6 · SERVES 1

- [ ] 2 tbsp **chia seeds**
- [ ] about ¾ oz **raw cashews**, blended into ½ cup homemade cashew milk (or use ½ cup of any milk)
- [ ] about ½ cup **water**, blended with the nuts
- [ ] about ½ tsp **maple syrup**, to sweeten the nut milk
- [ ] ⅛ tsp **vanilla extract**, in the nut milk
- [ ] about ½ cup mixed **berries**, fresh or frozen, to top

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. For each portion, stir 2 tbsp chia seeds into ½ cup milk in a jar (the cook uses her homemade cashew milk, lightly sweetened with maple syrup and vanilla). For six portions, mix ¾ cup chia seeds with 3 cups milk in a bowl and divide. 2:06
2. Stir again after a few minutes. The seeds should start to gel within about 5 minutes; if they don't, they are stale. 2:33
3. Leave about 15 minutes, stir to break up any clumps, then top with the berries or other fruit. 3:04
4. Seal and keep in the fridge for up to 5 days, or freeze for several weeks. 3:38
5. To eat from frozen, thaw overnight in the fridge (or 5–10 minutes on the counter if still icy), stir, and add any nuts or seeds just before eating. 9:41

> **Tip** Any milk works; dairy, soy or oat milk make it nut-free (homemade cashew milk needs the nuts soaked overnight). Chocolate version: add 1 tbsp cacao powder, 1 tsp maple syrup and ½ tsp vanilla.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
262 kcal	7.8 g	26 g	11 g	16 g	10 mg
1,100 kJ	16% of a day	15 g net · 8.4 g sugars	40% of a day	2.2 g saturated	0% of a day
		10% of a day		20% of a day	

Energy from net carbs 26% · protein 13% · fat 61%

High in (20%+ of a day) Omega-3 271% · Magnesium 34% · Selenium 31% · Zinc 21% · Vitamin C 21%

Source of (10–19%) Iron 19% · Calcium 13% · Vitamin K 11%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=51_Vg15u1m4, published 26 June 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-meal-prep-chia-pudding