

# PUMPKIN SPICE CHIA SEED PUDDING

Pumpkin Spice Chia Seed Pudding

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat,  
Lower Sodium, Vegetarian*

*Serves: 3 (Serving= 1/2 cup)*

## **Nutrition (per serving)**

Calories: 126	Total Carbohydrate: 15
Total Fat: 6 g	Dietary Fiber: 7.5 g
Saturated Fat: 0.5 g	Protein: 3.5 g
Sodium: 66 mg	

## **Ingredients**

- 1 cup unsweetened vanilla almond milk
- ½ cup canned 100% pumpkin puree
- 1 Tablespoon brown sugar
- 1 teaspoon pumpkin pie spice
- ¼ cup chia seeds

## Directions

1. Combine milk, pumpkin puree, brown sugar and pumpkin pie spice in a small bowl. Whisk together.
2. Add in chia seeds. Mix to combine.
3. Pour mixture into a glass jar or plastic container with a tight-fitting lid. Refrigerate for at least 4 hours or overnight.
4. Serve with a garnish of sliced apples and dash of pumpkin pie spice.

To make your own pumpkin pie spice at home, combine 2 Tablespoons ground cinnamon, 1 Tablespoon ground ginger, 2 teaspoons ground nutmeg,  $\frac{1}{2}$  teaspoon allspice, and  $\frac{1}{2}$  teaspoon ground cloves. Whisk together until thoroughly combined. Store in an air-tight container. Makes about  $\frac{1}{4}$  cup.