

Chai, Chia Seed Pudding

From Cydney Romano

In saucepan, heat: 2 C unsweetened almond or coconut milk (any milk, even dairy will work)

In hot milk, steep for 3 min: 3 Chai tea bags

Add: 1/3 C chia seeds

2 tsp pure vanilla extract

1/2 tsp cinnamon

1/4 tsp cardomon

4 tablespoons good quality maple syrup

Pinch of kosher salt

Put all ingredients in a large mason jar and shake (or mix in a bowl).

Refrigerate several hours or overnight.

For chocolate pudding, add: 1/4 C cocoa powder

Serves 4.