

Lemon Blueberry Chia Seed Pudding



Estimated Time: 2 hrs 15 mins

Nutrition Per Serving

4 Servings

Calories	1015
Protein	22g
Total Carbohydrates.....	148g
Net	114.62g
Sugar	90g
Fiber	34g
Total Fat.....	44g
Saturated Fat.....	3.9g
Polyunsaturated Fat.....	24.59g
Monounsaturated Fat.....	6.47g
Trans Fat	0g
Cholesterol.....	0mg
Minerals	
Sodium	190mg
Potassium	1720mg
Phosphorus.....	984.13mg
Calcium.....	848.81mg

Recipe provided by
Chef Duane.

Ingredients

- 1 ½ cups oat milk
- ½ cup chia seeds
- ¼ cup maple syrup
- 2 teaspoons lemon extract
- 1 tablespoon lemon zest (zest from 1 lemon)
- 2 tablespoons fresh lemon juice (juice from 1 lemon)
- 2 cups fresh blueberries

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Directions

1. Start by warming oat milk and maple syrup until the syrup is dissolved.
2. In a bowl, combine lemon extract and lemon zest ingredients. Then, add chia seeds, stirring until mixture is well combined.
3. Place mixture in the refrigerator to set for 5 minutes.
4. Next, remove the mixture from refrigerator and stir well. Then, let the mixture set for an additional 5 minutes.
5. Divide and pour the chia seed mixture into four jars or small glasses. Cover with a secure lid and refrigerate for at least 2 more hours.
6. Lastly, place blueberries on top of dessert before serving. Bon Appetit!

Disclaimer: Be sure to speak with your doctor if you have food allergies, food sensitivities (non-IgE reactions), are unsure of an ingredient in this recipe or have specific diet restrictions.