

Chia Seed Pudding with Mixed Berries, Nuts and Spinach-Avocado Smoothie



NUMBER OF PLANT POINTS : 10 SERVES: 2

Ingredients

Chia Seed Pudding

- 1.5 tablespoons chia seeds
- 1/2 cup almond milk (or any plant-based milk)
- 1/2 tablespoon maple syrup or honey
- 1/4 teaspoon vanilla extract
- Mixed berries (blueberries, raspberries, strawberries) for topping
- Mixed Nuts: Handful of mixed almonds, walnuts and pistachios

Spinach-Avocado Smoothie

- 1 cup fresh spinach
- 1/4 ripe avocado
- 1/2 banana
- 1 cup almond milk (or any milk of choice)
- 1/2 tablespoon chia seeds
- 1/2 tablespoon honey (optional)

Directions

Chia Seed Pudding:

- In a bowl, combine chia seeds, almond milk, maple syrup, and vanilla extract. Mix well.
- Cover and refrigerate overnight or for at least 4 hours until it thickens to a pudding-like consistency.
- Top with fresh mixed berries and nuts before serving.

Spinach-Avocado Smoothie:

- In a blender, combine spinach, avocado, banana, almond milk, chia seeds, and honey.
- Blend until smooth and creamy.
- Pour into a glass and serve immediately.