

# Almond Strawberry Chia Seed Pudding Servings: 4

## Ingredients

- 16 ounce package of fresh strawberries, hulled
- 2 cups almond milk
- 1/2 cup chia seeds
- 1/4 cup honey
- 1 teaspoon vanilla extract

## Directions

1. Puree almond milk and strawberries in blender until smooth. Pour into a bowl.
2. Stir chia seeds, honey and vanilla extract into the strawberry puree.
3. Cover bowl with plastic wrap and refrigerate until set (about 4 hours).

## Nutrition Facts Per Serving (1 cup)

- Calories: 209
- Total fat: 6 g
- Saturated fat: 0.5 g
- Sodium: 85 mg
- Carbohydrates: 37 g
- Fiber: 9 g
- Protein: 4 g
- Sugar: 27 g

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