



Easy Blueberry Chia Pudding

Source: [Cook at home mom](#)

Ingredients

Blueberry Chia Pudding

- 6 Tablespoon chia seeds
- 1 cup almond milk or milk of choice
- 1 cup frozen blueberries or any other berry
- 1 Tablespoon lemon zest

Optional Ingredients

- 1-2 Tablespoon maple syrup

Directions

1. **For a chunkier texture:** Pulse the blueberries and lemon zest in a blender until broken down - OR - Mash the berries with a fork and mince the zest. Transfer the blueberry mixture to a bowl and stir to combine with the milk.

For a smoother texture: Add the blueberries, lemon zest and almond milk to a blender. Blend on high until smooth.

Note: The fruit mixture and milk together should make 1.5 cups. Once blended, measure the mixture. If needed, add more coconut milk the mixture measure 1.5 cups total.

2. Transfer the fruit or fruit and milk mixture to a bowl. Stir in the chia seeds until well combined.
3. Cover and set in the fridge overnight, or for at least 2 hours. Stir the mixture again before serving.

Notes

To Store: Transfer to an airtight container and store in the refrigerator for 4-5 days.