



Co-funded by the
Erasmus+ Programme
of the European Union



Chia Pudding



Number of people: 6

Keywords: Dessert Vegetarian

Season: Spring

Ingredients and quantity:

1 dl chia seeds (light or dark)

4 dl unsweetened fruit juice or milk

fresh or frozen (unsweetened) berries - try raspberry, cranberry or pomegranate if available. *No berries?* Maybe you have some dried fruit? Even 'old', too-dry fruit?

Preparation: 20 mins

Difficulty: Easy

- * Mix the seeds and liquid well.
- * Add some of the berries (frozen is OK).
- * Cover & leave in a cool place overnight for at least 3 hours.
- * Serve with berries on top.

Make a topping:

- * Chop the fruit roughly, put in a small saucepan and barely cover with dry wine (white or rosé) or unsweetened juice, if liked, add ginger or cardamom.
- * Simmer gently for 10-15 mins, leave to stand till it cools.
- * Use as a luxury topping for chia pudding or for ice cream or sorbet.

What to expect ?

A luxurious dessert that (literally!) anyone can make. Even without a stove - or a kitchen. What's more, it's healthy: no sugar, no fat, and chia is claimed to be one of those 'superfoods'.