

# Chia Seeds Pudding Recipe



**Chia seeds** are considered to be a superfood because of its rich nutrition. Each tiny seed is packed with much protein, dietary fibers and omega-3 fatty acids (unsaturated fats). Dietary fibers promotes gut health and relieve constipation by supporting the growth of gut probiotics. The fibers also reduces blood pressure by removing LDL (bad cholesterol) from blood, in which LDL clogs blood vessels. Moreover, omega-3 fatty acids can promote healthy heart by increasing the blood level of HDL (good cholesterol), which removes excess blood triglycerides. Omega-3 fatty acids also has an anti-inflammatory property, which is beneficial to individuals with heart diseases, asthma, arthritis and other inflammatory diseases.

## Fact:

Chia seeds can expand to 1-2 times bigger than its original size in liquids. A jelly-like texture is formed around the seed because the dietary fibers from within soaks up the liquid, expands, and bursts out the seed shell.

*Quick and easy ways to add chia seeds to your diet:*

1. Sprinkle some dried chia seeds into your drink, salad and/or dessert.
2. Make chia seeds pudding

## Chia Seeds Pudding Recipe

**Serving: 1**

**Prep Time: 10-30 mins | Cook Time: 0 | Total Time: 10-30 mins**

### Ingredients:

- 8 oz water, cow milk, almond milk, or any milk of your choice
- 1 tablespoon dried chia seeds
- 1 teaspoon honey (optional for sweetness)
- Pinch of Cinnamon powder (optional)

### Instructions:

1. Pour the chia seeds into water or cow milk. Add in honey and cinnamon powder. Stir well.
2. Let it stand in room temperature for 10-30 minutes. It takes some time for the seeds to expand and to create the jelly-like texture. The more chia seeds you add into the pudding, the thicker in texture it becomes.
3. Enjoy!

Nutrition Facts	
Serving Size 1 ounce 28g (1 ounce (28g))	
Amount Per Serving	
Calories 137	Calories from Fat 72
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 1g	4%
Trans Fat	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 11g	42%
Sugars	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 18%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

© www.NutritionData.com



To learn more about our doctor's group, call Member Relations:  
(415) 590-7418

Follow AAMG on social media for the latest news, events, and more!



Website



YouTube



Facebook