

PUMPKIN PIE CHIA PUDDING

 2 portions

This delicious pumpkin chia dessert can be eaten in 1 large serving or in 2 small!

INGREDIENTS

- 2 fl oz of beverages, almond milk, sweetened, vanilla flavor, ready-to-drink (60 g)
- 64 grams of libby's Pumpkin Pie Mix, Canned
- 28 grams of seeds, chia seeds, dried
- 28 grams of simple Truth Organic Maple Syrup
- 1/4 tsp of vanilla extract (1 g)
- 3/4 tsp of spices, pumpkin pie spice (1 g)
- 1/4 tsp of salt, table (2 g)
- 14 grams of nuts, pecans
- 4 grams of simple Truth Coconut Sugar

COOKING METHOD

- 1° Combine all ingredients (except pecans) into a mason jar or sealable bowl. Chill overnight and top with pecans in the morning!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (101 g)	% DRI
ENERGY	258 kcal	260 kcal	13 %
FAT	10 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	5 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	353 mg	356 mg	15 %
CARBOHYDRATE	42 g	42 g	14 %
SUGARS	32 g	32 g	—
FIBER	6 g	6 g	23 %
PROTEIN	3 g	3 g	—