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**BANANA CHIA PUDDING**

Here’s a recipe from The E2 meal planner.

Banana pudding is a childhood favorite. This pudding is creamy, sweet, cool and satisfying. It's also full of omega-3s, fiber, and great, natural flavor. You'll be licking your spoon and maybe even the bowl it's so good.

Makes 1 medium sized Serving

**Ingredients:**

* 1 banana
* ½ Tbs. chia seeds
* 1/8 tsp. cinnamon
* ½ cup rolled oats
* 2 Tbs. walnuts
* ¾ cup purified water

**Method:**

1. The night before, mix the oats and chia seeds together in a container with a cover. Add water and mix completely, so the chia seeds are not stuck together. Soak overnight in the fridge.
2. The next morning, chop the banana in half. Mash half the banana until it’s a puree. Mix this in with cinnamon and the oat-chia mixture. With the remaining banana, chop it into bite-sized pieces.
3. Add the chopped banana and walnuts to the oats. Add extra liquid to the oats if needed.