

**BASIC CHIA PUDDING**

This adapted recipe, and its variations, is from the book *Living Candida Free*. It is raw and contains no sugar so it is a great dessert when you are craving something sweet but need to avoid sugar.

I make each pudding in a mason jar and store in the fridge so they are ready to go. Also, the longer they sit in the fridge, the firmer they become. Each jar contains 2 servings.

**Basic Vanilla Chia Pudding**

* ¼ cup (60 ml) whole chia seeds
* 1 cup (250 ml) almond or another nut milk
* 1 tsp. (5 ml) pure vanilla extract
* Pinch of fine sea salt
* 10 drops plain liquid stevia, or to taste

Combine all ingredients in a medium sized mason jar. Seal and shake. Store in the fridge overnight. Shake or stir before serving.

**Variations:**

**Lemon Chia Pudding:** Add the zest of ½ an organic lemon to the pudding with the other ingredients. Increase stevia to 15-20 drops or to taste.

**Chocolate Chia Pudding:** Add 2 tablespoons (30 ml) raw cacao powder with the other ingredients. Increase stevia to 20 drops or to taste.