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**STRAWBERRY OAT AND CHIA PUDDING**

This pudding is all about the amazing talents of chia seeds. High in protein and full of fiber and omega-3 fatty acids, chia seeds are a deliciously healthy way to magically make a luscious pudding. Top it off with fresh or frozen strawberries for a burst of fruity sweetness and Vitamin C in every bite! Makes 1 medium serving.

**Ingredients:**

* ½ cup rolled oats
* 1 Tbs. chia seeds
* 1 cup boiling purified water
* 1 cup strawberries, fresh or frozen and thawed, sliced
* ¼ tsp. cinnamon
* 1 date, chopped

**Method:**

1. Add oats of a jar or bowl.
2. Stir in chia seeds into oats before adding water to keep from clumping.
3. Pour boiling water over the oats, cover and let sit for 5 minutes.
4. Add the berries, cinnamon and date.
5. Stir to mix and enjoy.

*Note: Fresh strawberries aren't always available, but frozen strawberries - or any other berry - will work just fine in their place.*