

MEYER LEMON CHIA PUDDING



DIFFICULTY
EASY



TIME
2½ HOURS
OR OVERNIGHT



SERVES
6

INGREDIENTS

- ¾ cup + 2 Tbsp non-dairy milk (we used oat milk)
- 2 tsp Meyer lemon zest (about ⅔ of the outside of one lemon)
- ⅓ cup Meyer lemon juice (about the juice of 2 Meyer lemons)
- 2 Tbsp real maple syrup
- ⅛ tsp salt
- ¼ tsp ground turmeric
- ¼ cup chia seeds
- Berries for serving (optional)

DIRECTIONS

1. In a medium bowl, whisk together all of the ingredients except the chia seeds.
2. Add the chia seeds and whisk until uniformly combined. Let the beginning of the chia pudding sit 5 minutes and then whisk again. Repeat this process two more times. Cover or transfer to a storage container and chill for at least 2 hours, or overnight. Serve alone or topped with berries.
3. The chia pudding will keep in the refrigerator for 5-6 days.

NUTRITION FACTS PER SERVING

Calories: 80 **Fat:** 3.5g (**Saturated Fat:** 0.4g) **Carbohydrates:** 11.6g **Fiber:** 3.7g **Sugar:** 7g
Protein: 2.7g **Sodium:** 69mg



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