Chia Seed Pudding Cups

Ingredients:

1 cup chia seeds.

4 cups milk or non-dairy milk

4 tablespoons honey or maple syrup

2 teaspoons vanilla extract

Mixed berries for topping e.g. blueberries, strawberries, raspberries.

1. In a mixing bowl combine chia seeds, milk, honey and vanilla extract. Stir well to combine.
2. Let the mixture sit for 5 minutes, then stir again to break up any clumps of chia seeds.
3. Divide the mixture evenly among small plastic cups or silicone muffin cups.
4. Place the cups in the fridge and let them set for at least 2 hours or overnight. Once the chia pudding is set, top each cup with mixed berries. *Freezing*; You can transfer the cups to a freezer bag or container and freeze until ready to eat. To serve let a cup thaw in the fridge overnight or microwave it for 30-60 seconds until slightly softened.
5. Serve cool with your topping of choice.