

Chia pudding with blueberries



For 2 servings:

200 ml vegetable milk (soy, almond, hazelnut, etc.).

6 tablespoons chia seeds

1/2 tablespoon raw sugar/maple syrup (optional)

50 g blueberries

Mix all ingredients, be careful not to crush the fruit. Allow to rest for approx. an hour until the chia seeds increase in volume.

You can also use other kind of berries or strawberries.