



Hemp, Flax, and Chia Breakfast Pudding

2 servings

3 hours

Ingredients

1/2 cup Canned Coconut Milk (full fat, or other non-dairy milk of choice)
1 tbsp Maple Syrup (or other sweetener of choice, to taste)
1/4 tsp Vanilla Extract
1/4 cup Hemp Seeds
1 1/2 tbsps Ground Flax Seed
1 1/2 tbsps Chia Seeds (ground if desired)
1/4 tsp Ground Cinnamon (optional)
Toppings Of Choice

Directions

- 1 In a small mixing bowl, whisk the coconut milk, sweetener, and vanilla together. Stir in hemp seeds, ground flax seeds, and chia seeds. Mix well.
- 2 Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours.
- 3 Top the pudding with toppings of choice like berries, nuts, unsweetened shredded coconut, or cacao nibs. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1/3 cup of pudding.