

5-DAY

breakfast challenge

EAT BREAKFAST. ROCK YOUR DAY.

CHIA PUDDING WITH NUT BUTTER AND FRESH BERRIES

Serves 1

- 1 c. almond milk (or other milk of choice)
- 1 tbsp. almond butter (or nut butter of choice)
- 4 tbsp. chia seeds
- 1-2 tsp. honey or maple syrup, optional
- Handful of fresh or frozen raspberries or other berry
- Handful of walnuts or other nut

- In a container or pint Mason jar, whisk together milk and nut butter.
- Add chia and stir to combine well.
- Add fruit on top. Mix well or leave on top.
- Cover and place in fridge overnight.
- Enjoy in the morning straight from the container.