

# Chia Pudding Bites

This recipe yields 1 medium freeze dryer tray\*

[Live. Life. Simple's: Chia Pudding Bites Freeze Dried](#)

## Ingredients:

3  $\frac{3}{4}$  Cups Milk

2 whole bananas or  
freeze dryer friendly  
sweetener equivalent

5 tsp vanilla extract

$\frac{3}{4}$  Cup + 3 tbsp  
whole chia seeds



## Directions:

1. This recipe can be made with cow's milk or plant/ nut milks. Add milk to a blender.
2. Add 2 bananas for natural sweetener, otherwise use the equivalent of freeze dryer friendly sweetener and blend smooth.
3. In a mason jar or air tight container, add sweetened milk mixture
4. Add vanilla extract and chia seeds and mix/ shake container thoroughly
5. Put the container into the refrigerator overnight to allow the chia seeds to expand in the mixture. This can be stored for up to 5 days in the fridge. Mix or shake contents a few times during this 24 hours if possible.
6. Remove chia mixture and add to a parchment or silicone lined freeze dryer tray.
7. Top with your favorite topping (strawberries, blueberries, peaches, coconut etc.) and submerge topping into chia pudding.
8. Add tray dividers in the 40 portion setting and pre-freeze if possible
9. Freeze dry as usual ensuring that these thick bites are completely dry
10. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** 25 hours 14 minutes

**Rehydration:** Not intended



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\*XL Tray = 15 Cups/Tray  
Small = 4 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Cycle times & rehydration for reference only