Chia Pudding Bites

This recipe makes about 6 cups, which makes 40 Bites

Ingredients

3 ¾ cups milk
2 whole bananas or freeze dryer friendly sweetener equivalent
5 tsp vanilla extract
¾ cup + 3 tbsp whole chia seeds
1 cup strawberries (or other fruit)

Directions:

1. Choose either cow's milk or your preferred plant/nut milk. Pour the milk into a blender.
2. Add 2 ripe bananas for natural sweetness. If you prefer, substitute with a freeze-dryer-friendly sweetener of your choice. Blend until smooth.
3. Pour the sweetened milk mixture into a mason jar or any airtight container.
4. Stir in vanilla extract and chia seeds. Seal the container and shake thoroughly to ensure the seeds are evenly distributed.
5. Place the container in the refrigerator overnight, allowing the chia seeds to absorb the liquid and expand. For best results, shake or stir the mixture a few times during the first 24 hours. The chia pudding can be stored in the refrigerator for up to 5 days.
6. Once set, spread the chia mixture evenly onto a parchment- or silicone-lined freeze dryer tray.
7. Top with your favorite fruits or add-ins—such as sliced strawberries, blueberries, peaches, or coconut—and gently press them into the pudding with a spatula to ensure they're submerged.
8. Insert tray dividers set to 40 portions, and pre-freeze the tray if possible before starting the freeze-drying process.
9. Freeze dry as usual ensuring that these thick bites are completely dry (my cycle time was 25 hours).
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Not intended for rehydration. These are a healthy snack, especially if you want a vegan option!

Notes:

Chia seeds are a complete protein, meaning they contain all nine essential amino acids that our bodies can't produce on their own. This makes them a great addition to vegetarian and vegan diets.

Nutritional Value Per 1 bite
Calories: 44   Protein: 2 g   Fat: 2 g   Carbohydrates: 5 g   Sugar: 2 g   Fiber: 2 g

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