

Chia Seed Pudding Freeze-Dried Pantry

This recipe makes 2 servings



Ingredients

1 ½ cups milk (dairy or non dairy)
OR
¾ cup of milk powder + **1 ¼ cups** water
1 tsp vanilla extract
¼ c + 2 tbsp chia seeds
2 tbsp freeze dried banana powder
2 tbsp freeze dried strawberry powder

This is a freeze-dried pantry recipe using some already freeze-dried ingredients

Directions:

1. Add all the ingredients to a jar
2. Stir well and place in the refrigerator overnight

Notes: You can use any fruit powder you like. Banana powder makes a natural sweetener.

Nutritional Value Per 1 serving or ½ the recipe

Calories: 305 Carbohydrates: 32 g Protein: 11 g Fat: 16 g Fiber: 12 g Sugar: 18 g