

# Chia Seed Pudding

## A Freeze Dried Pantry Recipe

Contributed By: Live. Life. Simple

### Ingredients:

1.5 C milk (dairy or non dairy)  
1 tsp Vanilla Extract  
¼ C + 2 Tbsp Chia Seeds  
2 Tbsp Freeze Dried Banana Powder  
2 Tbsp Freeze Dried Strawberry Powder (or any fruit powder)



### Directions:

1. Place all items in a jar, or container with a lid that seals.
2. Mix/shake well.
3. Refrigerate overnight.
4. Enjoy!

**Cycle Time: NA**

**Rehydration:** Powders are rehydrated as part of the recipe



[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

\*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray