

Golden Cabinet Medical

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Chia Pudding

¼ c Chia Seeds

2/3 c unsweetened / sweetened almond or cashew milk.

Stir, stir and stir

Put in refrigerator and after about 10 minutes it will set.

Put fruit on top with a little almond milk

Add: diced peaches, grated apple, blackberries and blueberries

You may also sprinkle Vietnamese Cinnamon

NO: Bananas, Mangos, Pineapple, Citrus Fruits