

Blueberry Beet Chia Pudding

7 ingredients · 3 hours · 4 servings



Directions

1. Place the beets in a small steamer basket and steam for about 10 minutes, or until soft.
2. Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, cinnamon and maple syrup. Blend until smooth.
3. Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
4. Remove chia pudding from fridge. Add desired toppings and enjoy!

Notes

Save Time

Buy canned beets. Make sure they are not pickled!

Topping Ideas

Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds or bee pollen.

Ingredients

- | | |
|---------|-------------------------------|
| 1 | Beet (medium) |
| 3 cups | Unsweetened Almond Milk |
| 1 cup | Organic Coconut Milk |
| 1 cup | Blueberries (fresh or frozen) |
| 1 tsp | Cinnamon |
| 2 tbsps | Maple Syrup |
| 1 cup | Chia Seeds |