



MATCHA CHIA SEED PUDDING

Dairy-Free / Antioxidant-Rich / Gluten-Free
(Can be made Keto-Friendly too!)

MariGoldFoods.com

INGREDIENTS:

- 1 tablespoon Matcha green tea powder (or to taste)
- 1/4 cup chia seeds
- 1 1/2 cups unsweetened almond milk (or your preferred milk)
- 1-2 tablespoons honey or maple syrup (adjust to taste) - you can use Stevia or your favorite sugar-free sweetener.
- Granola or other favorite topping (optional)
- Fresh fruit for topping (e.g., berries, banana slices, or kiwi)

Note: Try some MariGold Keto Pecans, Texan Pecan Pralines, or Sweet & Salty Cashews for your topping!

DIRECTIONS

1. In a mixing bowl, combine the Matcha green tea powder and chia seeds. Stir them together to distribute the Matcha evenly.
2. Pour the unsweetened almond milk (or your choice of milk) into the bowl with the Matcha and chia seeds. Mix well to ensure the Matcha is thoroughly incorporated into the liquid.
3. Stir in honey or maple syrup to sweeten the mixture. Adjust the amount to suit your taste preferences. You can always add more later if needed.
4. Cover the bowl and place it in the refrigerator for at least 2-3 hours or overnight. This allows the chia seeds to absorb the liquid and create a pudding-like texture.
5. When ready to serve, divide the Matcha Chia Seed Pudding into individual servings. Top each portion with your choice of fresh fruit and/or granola. Berries, banana slices, and kiwi work wonderfully to complement the Matcha flavor.



Featuring MariGold
Matcha Green Tea Powder
(MariGoldFoods.com)

