



Honey Chia Pudding with Pomegranate Seeds and Toasted Pepitas



MAKES 2-4 SERVINGS

TOOLS

Large glass bowl
Blender
Spoon
Small skillet

INGREDIENTS

½ cup chia seeds
Seeds (a.k.a. arils: seeds and juice sacs) from one pomegranate
Handful of raw pepitas (pumpkin seeds)

Honey Cream
2 cups pure water
¼ cup cashews
2 tbsp raw, wild-harvested honey
1 tsp apple cider vinegar (for a more yogurt-like sourness, add 2 tsp vinegar)
¼ tsp vanilla extract
Teeny pinch salt

**Don't have cashews on hand, but have a can of coconut milk, or almond, rice, or hemp milk? Blend 2 cups of that with the honey, vanilla and salt instead of the cashews and water (which is basically a homemade cashew milk).*

STEPS

1. If you haven't already, peel your pomegranate and place seeds in a bowl.
2. In a small skillet, heated to medium-high, toast your pepitas for about 5 minutes until they begin to pop (shake the pan often).
3. Place your chia seeds in a large glass bowl.
4. Blend together Honey Cream ingredients until super smooth and add to the bowl of chia. Stir well and allow to sit on the counter, or in the fridge, for about 10 minutes until the mixture thickens.
5. Place in a lovely serving bowl(s), top with toasted pepitas and pomegranate seeds and enjoy.
6. Serve chilled or room temperature. Store in an airtight glass container in the fridge for up to one week.

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