**THE RAW BUILDER’S CHIA PUDDING**

**Ingredients:**

½ cup of chia seeds

3 cups of water, nut or seed mylk

**(serves 4)**

You can use a sweetener of your choice such as agave syrup, raw honey or coconut palm sugar.

**Suggested toppings:**

Fresh fruit

Bee Pollen

Raw granola

**Method:**

**1.)** Put the chia seeds in a mixing bowl, add the water or mylk and whisk thoroughly.

You can also put the ingredients into a blender for a very short whizz which is more effective.

**2.)** Leave in the mixing bowl or pour from the blender to a large bowl, and stir a few times for 30 minutes until the mixture becomes stiff/firm.

**3.)** Serve into bowls, add toppings of your choice and enjoy!