

Dr. Steve's Basic Chia Pudding Recipe



Put chia seeds in bowl and add milk of your choice (almond, rice, coconut, raw dairy, etc).

Generally this will be in a 1:4 ratio (seeds to milk).

For instance... 1 cup of desired milk to $\frac{1}{4}$ cup of seeds and stir.

This will make a hefty batch! Enough for 2 for sure!

I usually add goji berries and / or raisins at this time so they can plump up a bit over the 10 or 15 minutes it will take for the seeds to absorb the liquid to form a tapioca type texture.

Check on it every 5 minutes or so and give it a stir. Usually 2 or 3 stirs is enough.

That's it!

You can add a touch of honey but the berries and / or raisins should be enough.

Get creative and try other variations as well. Do a search for "Chia Pudding" and it will keep you busy!

Here's to your excellent gut health and detoxification!