

Chai Chia Pudding

Ingredients

1 1/2 cup unsweetened almond milk or other non dairy milk 1/4 cup white chia seeds
1 tbsp pure maple syrup
1/2 tsp vanilla extract
1/4 teaspoon ground cinnamon
Pinch of ground cardamom
Pinch of ground cloves
1/2 cup sliced banana, divided
1 tbsp chopped unsalted roasted pistachios, divided

Directions

1. Stir Almond Milk(or nondairy milk of choice),chia seeds,maple syrup,vanilla, cinnamon, cardamom and cloves together in a small bowl. Cover and refrigerate for at least 8 hours and up to 3 days.
2. When ready to serve, stir well. Spoon about half the pudding into a serving glass(or bowl) and top with half the banana and pistachios. Add the rest of the pudding and top with the remaining banana and pistachios.
To make ahead: refrigerate pudding (Step 1) for up to 3 days. Finish with Step 2 just before serving.