

BLUEBERRY, CHIA AND ALMOND PUDDING

Do you find yourself rushing in the morning and grabbing a pastry or skipping breakfast altogether? You may have heard that “breakfast is the most important meal of the day” and it is true! There are a number of reasons to start your day with breakfast:

1. Breakfast eaters have more energy, are less irritable and are better able to focus.
2. Breakfast eaters are more likely to consume the recommended amount of whole grains, fruits and vegetables throughout the day.
3. Breakfast eaters are more successful in maintaining a healthy weight than non-breakfast eaters.

What are some reasons you or your family members might skip breakfast?

Here are some quick breakfast tips to jump start your day and overcome those barriers:

- Plan ahead and prepare the night before: Recipes like this Blueberry, Chia and Almond Breakfast Pudding can be made the night before so it’s ready to grab as you run out the door.
- Include fruit, vegetables, whole grains and nuts or seeds: This recipe has berries, Chia seeds, oats and almonds.
- Make it portable: Prepare this recipe and others in individual containers so it’s convenient to grab and run or prepare in bulk if your family has time to sit down and eat together.
- Make it fun: Try trendy new ingredients like Chia seeds, which come from a flowering plant in the mint family, native to Mexico and Guatemala. “Chia” means strength and historically these seeds were thought to boost energy. They are a good source of omega-3 fatty acids, antioxidants, carbohydrates, protein and fiber.



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4 servings

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
305	15g	1.3g	37g	9g	14g	167mg

Ingredients

4 Tbsp	Almonds, sliced, toasted
8 Tbsp	Chia Seeds
1 qt	Almond milk, unsweetened
2 Tbsp	Honey
4 Tbsp	Oatmeal cereal, quick, dry
1 ¼ tsp	Cinnamon, ground
2 cups	Blueberries, fresh (can sub other fresh berries as well)
4 ea	Mint, fresh

Directions

Preparation time = 10 minutes

Set time = 6 hrs to overnight

1. Rinse uncut produce in fresh water. Preheat oven to 350 F. Spread sliced almonds on a cookie sheet or small metal baking dish. Bake for 3-4 minutes, checking almonds and shaking pan to stir almonds until they just start to turn light brown. Cool.
2. For 4 portions: In a bowl, combine almonds, Chia seeds, almond milk, honey, oats, cinnamon and blueberries. Mix thoroughly. Cover bowl and place in refrigerator for at least 6 hours (overnight for best results). Divide into 4 portions. Place each portion into a 16 oz. container with a lid for on the go.
3. For 1 portion: Mix ingredients directly in a 16 oz. Mason jar or plastic container, place the lid on, and refrigerate as above. Hold cold.
4. To serve, garnish each portion with 1 mint leaf. Can drizzle 1-2 tsp honey over each portion (optional).