

HEARTBEET CHIA PUDDING

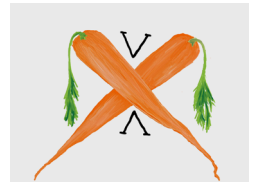


SERVES: 2-4

PREP TIME: 10 MIN

TOTAL TIME: 2-4 HOURS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

2 cups plain, unsweetened almond milk*

1 small beet, raw**

1 cup frozen strawberries

2 medjool dates, soaked

2 TBSP maple syrup, more to taste

1 medium banana, mashed

1/4 cup chia seeds

1 tsp vanilla extract

METHOD

Roughly chop raw beet. Add to a high speed blender with almond milk, strawberries, dates, and maple syrup. Blend until smooth.

Pour into a large mason jar or other glass container. Stir in the mashed banana, whole chia seeds and vanilla extract, ensuring they are evenly mixed throughout.

Cover with lid and place in the refrigerator for at least 2 hours, or until the mixture thickens and resembles pudding.

Serve alone or layered with coconut chia pudding (recipe below), top with berries or non-dairy whipped topping!

This will stay fresh for 1-2 days in the fridge!

NOTES:

*You can sub another non-dairy milk here. Coconut milk will result in an extra rich and creamy pudding!

**If you don't have a high speed blender, you may want to boil the beet before blending to soften. To boil: add beet to a saucepan and cover with water. Bring to a gentle boil and cook until you can pierce with a fork, approximately 45 mins.

***bonus* simple coconut chia pudding recipe:**

1 can coconut milk

3-5 fresh or frozen strawberries (optional)

6 TBSP chia seeds

2-3 TBSP maple syrup

1 /2 tsp vanilla extract

method:

Blend coconut milk, strawberries, and maple syrup in a high speed blender until smooth. Add to a glass jar and stir in chia seeds and vanilla extract. Refrigerate for 2-4 hours, or until texture resembles pudding. Enjoy!

NUTRIITION:

For heartbeat chia pudding: Serving Size: 1/4 recipe Total Calories: 189

Total Fat: 5 g Sodium: 98mg Potassium: 403 mg

Total Carbohydrate: 33 g Fiber: 8 g Sugar: 12 g Protein: 5 g

Vitamin A: 6% Vitamin C: 43% Calcium: 33% Iron: 11% (Percent Daily Value)