

Banana Chia Pudding

Chia seeds will increase about 12 x its size and lend a gelatinous quality to recipes requiring a creamy texture and have a pleasant feel and taste.

Ingredients:

- ½ cup chia seeds
- 1 cup cashews
- 1 cup filtered water
- 1 cup mashed banana (about 2 large)
- ½ cup raw honey
- 1 Tbsp. cinnamon
- ¼ tsp nutmeg
- ¼ tsp ginger (or 1 tsp fresh graded)
- 1 tsp vanilla
- ¼ tsp Celtic sea salt

Preparation:

- Place all ingredients in a high-speed blender except the chia seeds. Blend until smooth, making a cashew cream. Pour cream over chia seeds and allow soaking for at least 30 minutes up to two hours or more until the chia becomes a tapioca consistency.

*This is a great breakfast option. Enhance by adding some additional fresh or dried seasonal berries and toasted nuts of your choice.