

Spiced Pumpkin Chia Pudding



Discover the delightful world of our Spiced Pumpkin Chia Pudding recipe. This delectable treat offers a flavorful blend of rich flavors. Experience the delights of autumn with every spoonful.

Preparation 5 min
Cooking Réfrigération: 60 min
Servings 6
Nutrition Facts (per serving)
Calories 155
Fat 5
Carbohydrates 20
Fibre 7
Protein 8
Sodium 24

Ingredients

- 250 ml (1 cup) milk or soy beverage
- 250 ml (1 cup) plain 0% Greek yogurt
- 125 ml (1/2 cup) chia seeds
- 250 ml (1 cup) homemade or store-bought pumpkin puree
- 1 ripe banana, mashed with a fork
- 5 ml (1 tsp) vanilla extract

- 1.25 ml (1/4 tsp) nutmeg
- 30 ml (2 tbsp) maple syrup
- Pumpkin seeds, almonds, or pecans, chopped (optional)

Preparation

1. In a large bowl, thoroughly mix all the ingredients.
2. Taste the mixture and adjust the spice quantities if needed.
3. Divide the mixture into 6 refrigerator-safe containers. Refrigerate for 1 hour or overnight.
4. When serving, add a small handful of pumpkin seeds, almonds, or chopped pecans if desired.

Notes



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