

WARD 4

MAPLE SYRUP

▶ FESTIVAL ▶

Maple Walnut Chia Pudding

Prep time: 15 minutes | Servings: 3

Created by Jessica Hoffman: <https://www.puremaplefromcanada.com/>



Ingredients

1/4 cup chia seeds

1 cup almond milk

1/2 tsp cinnamon

1 tsp vanilla extract

1 tbsp pure maple syrup from Canada

1/4 cup finely chopped walnuts

Instructions

Step 1: Mix all the ingredients together in a bowl until well combined.

Step 2: Place in the fridge to set for at least 1 hour, or overnight.

Step 3: Serve topped with your favourite yogurt and more crumbled walnuts.