Raspberry Almond Chia Pudding

An overnight chia pudding with almond milk, mashed raspberries and vanilla. Finish with toasted almonds just before serving.

Prep 10 min **Cook** 0 min **Serves** 2
Rest / chill 240 min

Ingredients

- ☐ 1 cup (240 ml) unsweetened almond milk
- ☐ 1/4 cup (40 g) chia seeds
- ☐ 2 tsp maple syrup
- ☐ 1/2 tsp vanilla extract
- ☐ 1 cup (125 g) raspberries, divided
- ☐ 2 tbsp sliced almonds, toasted



Spoon & Joy recipe illustration.

Before you start

Measure the chia
Too many seeds make a rubbery pudding. A level quarter-cup is enough for one cup of milk.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Whisk the almond milk, chia seeds, maple syrup and vanilla in a bowl or lidded container.
2. Leave for 5 minutes, then whisk again thoroughly, especially around the bottom and corners, to separate any clumps.
3. Cover and refrigerate for at least 4 hours, or overnight, until thick enough to hold softly on a spoon.
4. Mash half of the raspberries with a fork and divide between two small jars. Spoon the chilled pudding over them.
5. Top with the remaining raspberries and toasted almonds immediately before serving. If the pudding is firmer than you like, stir in a spoonful of almond milk.

Storage & making ahead

Refrigerate the pudding in closed containers for up to 3 days. Add the fruit and almonds close to serving for the best texture.

Taste after chilling Cold food tastes a little less sweet. Add a small extra drizzle of maple syrup only if needed.

Read this recipe on Spoon & Joy