

Chaga Chia Pudding

Ingredients

1 cup non-dairy Milk
1/3 cup Chia Seeds
¼ tea Chaga powder
1-2 tea Honey or Maple Syrup
1 cup fresh Berries

Directions:

Mix milk, chia seeds and chaga powder in a serving bowl. Let sit for about 5 minutes. Stir in sweetener and top with fresh fruit before serving.