

## Chia and Pear Pudding

PREP TIME: 5 minutes

TOTAL TIME: 4 hours

Servings: 2



### Ingredients

6 oz fresh pear juice

6 oz plain Greek or Icelandic yogurt

4 Tbsp chia seeds

2 Tbsp pure maple syrup

1 sliced pear

1/4 cup chopped raw unsalted cashews

Cinnamon sprinkle on top

1. In two 10-12 oz mason jars, combine half of the ingredients in each - 3 oz pear juice, 3 oz yogurt, 2 Tbsp chia seeds, and 1 Tbsp maple syrup. Screw on a tight fitting lid and shake vigorously until all ingredients are combined.
2. Allow pudding to rest and gel up in the refrigerator for at least 4 hrs, or overnight. Once the pudding has set, add sliced pears, chopped cashews, and a sprinkle of cinnamon to the top of each jar.
3. Chia pudding will keep in the fridge for 4 days.