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Recipe of the Month

July:

O Canada Royal Maple Chia Pudding

Celebrate Canada with this patriotic red-and-white maple-sweetened chia pudding. Chia seeds are rich in calcium, protein, omega-3 fatty acids, soluble fibre, and antioxidants. Apples and raspberries are great sources of the fruit fibre pectin and antioxidant quercetin, plus vitamin C and ellagic acid. Enjoy this pudding as a tasty summer breakfast or snack, or serve it as a dessert for your next potluck BBQ! Makes 2 good-sized servings – double or triple the recipe to serve at a party.

Ingredients

- 1/3 cup whole organic white chia seeds
- 1 cup unsweetened plant milk (hemp, rice, and almond work really well)
- 1 Tbsp. pure organic maple syrup
- 1 tsp. organic vanilla extract
- 1 organic royal gala (or other red-skinned) apple, diced
- 1/2 cup fresh organic raspberries or strawberries (sliced)
- Handful chopped raw walnuts or raw sunflower seeds (optional)
- 2 tsp. pure organic maple syrup, for drizzling

Directions

In a 2-cup Pyrex container, combine the first 4 ingredients.

Stir well, cover, and refrigerate overnight or 4-6 hours. The chia seeds will absorb the liquid to a gel or pudding consistency. If the mixture becomes too thick for your taste, you may need to add a little more plant milk.

Stir again, divide into 2 small bowls if desired, and top with remaining ingredients.

Serve.

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