

Yield: Makes 1 serving

# Matcha (Green Tea) Chia Seed Pudding

Easy to make chia seed pudding made healthier with matcha green tea.

## Ingredients

- 1 cup almond milk
- 3 tablespoons chia seeds
- 2 teaspoons honey
- 1/2 teaspoon matcha + more for dusting
- Pinch of sea salt

## Instructions

1. Mix together almond milk, honey, matcha, and salt. I used an immersion blender to make it easier.
2. In a bowl, pour in chia seeds then the matcha almond milk mixture. Stir to coat chia seeds with the liquid. Refrigerate.
3. About 15 minutes later, stir again to make sure chia seeds are not clumping together. Keep in refrigerator for at least 3 hours or overnight.
4. Dust the top with matcha before serving.

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