



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

January 5th, 2016 Cooking Class

Featuring

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Chia Seed Pudding with Banana-Hemp Granola

Serving: 1

Ingredients:

- ½ cup unsweetened vanilla almond milk
- 1 Tbsp. chia seeds
- ¼ banana-hemp granola (optional)



Nutrition Facts

Serving Size: 1 serving (210.1g)
Servings: 1

Amount Per Serving		
Calories	290	Calories from Fat 140
		% Daily Value*
Total Fat	16g	24%
Saturated Fat	1.5g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	95mg	4%
Total Carbohydrate	45g	15%
Dietary Fiber	12g	49%
Sugars	11g	
Protein	12g	
Vitamin A	6%	• Vitamin C 2%
Calcium	25%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Directions:

1. Mix unsweetened almond milk and chia seeds together.
2. Let it sit in the fridge until it has a more solid, pudding-like texture.
3. Add granola on top (optional).

Notes:

