

FRESH FROM THE GARDEN TASTINGS

Native Fruit Chia Pudding



Ingredients

For the chia:

- ½ cup chia seeds
- 1 cup water
- ¼ teaspoon vanilla extract
- 1 Tablespoon flax seeds
- 1 Tablespoon hemp seeds
- 1 Tablespoon honey or maple syrup
- ¼ cup fruit, seasonal or frozen

For whipping cream:

- 1 cup heavy cream or whipping cream
- 3 Tablespoons confectioners' sugar
- ¾ teaspoon vanilla extract
- 1" knob ginger, peeled and very finely minced

Instructions

In a wide mouthed jar or bowl, add chia seeds, vanilla extract, hemp seeds, flax seeds, honey or maple syrup, and water. Stir until all the chia seeds are wet. Let stand until the chia seeds produce gelatin—at least ten minutes (refrigerate if letting stand overnight).

In a pint mason jar, add all whipping cream ingredients. Shake vigorously for 60–90 seconds. Check the consistency. If it is not as stiff as you'd like, shake again for 30 seconds, repeating as necessary.

To serve, add a layer of fruit to the chia blend, then scoop whipping cream with a spoon or pipe it into the chia jar or bowl using a piping bag. Garnish with additional honey if desired. Serve layered or stir to incorporate all the ingredients.