



- 1/4 cup chia seeds
- 1 cup unsweetened almond milk or coconut milk
- 1-2 tablespoons powdered erythritol or your preferred keto-friendly sweetener (adjust to taste)
- 1/2 teaspoon vanilla extract
- Optional toppings: sliced almonds, berries, unsweetened shredded coconut, cocoa nibs, etc.

Instructions

1. **Mix Ingredients:** In a bowl, combine chia seeds, almond milk (or coconut milk), powdered erythritol (or sweetener of choice), and vanilla extract. Stir well to ensure the chia seeds are evenly distributed and not clumping together.
2. **Stir and Rest:** Stir the mixture every few minutes for the first 10-15 minutes. This will prevent the chia seeds from clumping together as they absorb the liquid. After stirring, let the mixture sit for about 30 minutes to an hour, or until it thickens. You can also refrigerate it overnight for the best results.
3. **Check Consistency:** After the resting period, the chia pudding should have a thick, pudding-like consistency. If it's too thick, you can add a bit more almond milk and stir to reach your desired texture.
4. **Taste and Adjust:** Taste the pudding and adjust the sweetness if needed by adding more sweetener. Remember that flavors can meld and become more pronounced as the pudding sits, so don't make it too sweet initially.
5. **Serve:** Divide the chia pudding into serving containers, like small jars or bowls. If desired, add toppings like sliced almonds, berries, unsweetened shredded coconut, or cocoa nibs.
6. **Chill and Enjoy:** Cover the containers with lids or plastic wrap and refrigerate for at least a couple of hours, or ideally overnight. This allows the chia seeds to fully absorb the liquid and develop the pudding-like texture. The pudding will thicken as it chills.
7. **Serve Cold:** When ready to serve, take the chilled chia pudding out of the refrigerator, give it a quick stir, and enjoy your keto-friendly chia pudding!

Feel free to adjust the ingredients and ratios to suit your taste preferences. Chia pudding is quite versatile, so you can experiment with different flavors and toppings to create your own variations. Just make sure that any additions you make are also keto-friendly.