

Vegan Chia and Pinole Pudding Recipe

Ingredients

- ¼ cup packed Pinole Azul
- 2 ½ cups soymilk (or other plant-based milk), divided
- 1 tsp.+ maple syrup
- 2 tbsp. chia seeds
- Blueberries, or other fresh fruit (optional)

Steps

1. Combine 1 cup soymilk with the pinole in a jar, and shake well to combine. Pour into a medium sized saucepan and cook, stirring frequently, until it thickens. Add another ½ cup soymilk and cook for 10 minutes, stirring constantly.

2. Mix the chia seeds with the remaining cup of milk, along with the maple syrup in the jar you used earlier. We used 1 tsp. syrup, but you might want up to 1 tablespoon to taste. Shake well so the chia seeds don't clump, and pour into the pinole. Cook another 10 minutes, stirring constantly. Pour into small glass jars or cups, let cool to room temperature, and then place in the fridge for at least a couple hours. Top with fruit or enjoy on its own.

