

CRANBERRY-PEAR CHIA PUDDING



TIME REQUIRED

Prep + Chill: 10 + 120 min

SERVING

4

STEPS

- Combine chia, almond milk, vanilla, cinnamon, and maple syrup; stir well.
- Refrigerate at least 2 hours.
- Top with pear and cranberries before serving.

INGREDIENTS

- ½ cup chia seeds
- 2 cups unsweetened almond milk
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tbsp maple syrup
- 1 pear, diced
- ¼ cup fresh cranberries

PS

Fresh cranberries are nutrient powerhouses—packed with antioxidants, vitamin C, and fiber—and they bring a natural tartness without added sugar, making them perfect for blood sugar control. The pear adds gentle, natural sweetness that balances the tart cranberries, creating a flavor that's both refreshing and satisfying. Together, they make this pudding vibrant, nutrient-dense, and gentle on blood sugar, perfect for a holiday or everyday breakfast or snack.