

Omega-3 Pudding

Number of Servings: 1

Prep Time: 5 minutes

Ingredients

1-cup 100% grass-fed dairy kefir or yogurt*

2-tbsp organic golden flax seed

1-tbsp chia seeds

1/4 cup walnuts

1 banana

1/2 cup frozen berries of choice: strawberry, blueberry, raspberry or cherry

1-tbsp organic raw honey, brown rice syrup or maple syrup (optional)

1/2 cup water and ice for a more drinkable smoothie.

Instructions

Place all ingredients into a high speed blender. If you prefer a drinkable smoothie over a thicker pudding, add enough water and ice to make it the desired consistency.

Blend at high speed until all flax and chia are fully blended. Pour into a bowl and sprinkle with gluten free granola, pumpkin seeds, raw coconut or eat plain.

*if you do not have access to grass-fed dairy, or you are dairy free, sub with organic coconut milk and add 1 opened capsule of a good quality probiotic.

This can be poured into a 500ml mason jar and brought in lunch bag or stored in fridge.

Thickens as it refrigerates so if you like it extra thick, make at night and let sit in fridge for morning.