

# RECIPE OF THE WEEK

FEATURING: *RASPBERRIES!*

## VERY BERRY CHIA PUDDING

FROM RAWFOODRECIPES.COM

Serves: 2

### Ingredients

- 1 1/2 cups unsweetened plant milk (almond works well)
- 1 ripe banana
- 2 Tbsp. maple syrup
- 1/2 tsp. cinnamon
- 1/4 cup chia seeds
- 1 pint fresh raspberries

### Instructions

Blend the non-dairy milk, banana, maple syrup, and cinnamon until smooth.

Pour into a large jar or bowl, then stir in the chia seeds. Cover and allow to thicken in the refrigerator for at least 6 hours.

Serve with fresh berries.

Brought to you by...

Paradise Produce,

Brenda Johnson MD & Cheryl Bauermeister ANP

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