



JERNEJ KITCHEN

CHIA PUDDING WITH FIGS AND GRAPES

I don't say this often: This chia pudding is gluten free and dairy free + without any artificial added sugar.

SERVES 6 PEOPLE
PREPARATION: 10 MINUTES

CHIA PUDDING WITH FIGS

500 ml unsweetened almond milk (2 cups)

6 dried figs

1 tsp vanilla extract

100 g chia seeds (5/8 cup)

fresh concord grapes for serving

180 g greek yogurt (3/4 cup) or any plain dairy free yogurt if you are lactose intolerant

lemon zest

2 tbsp good quality, organic olive oil (for serving - optional)

CHIA PUDDING

In a blender mix together almond milk, dried figs, pinch of salt, vanilla extract and chia seeds. The chia pudding should be nice and liquidy. Pour in six mason jars or glasses and place in the fridge for at least 6 hours or even better, overnight.

TIP

If the figs are super dry, soak them in warm water for about an hour, drain and use.

SERVE

Serve chia pudding with figs with fresh grapes, a dollop of greek yogurt, lemon zest and optionally with a teaspoon of good quality, organic olive oil. Enjoy.

TOOLS AND EQUIPEMENT

blender or immersion blender
mason jars or glasses for serving