

# Raspberry Chia Seed Pudding

Plantrician approved recipe by Andréa Dunnam



This vibrant, nutrient-packed Raspberry Chia Pudding is the perfect way to start your day—or enjoy as a refreshing snack or dessert. Naturally sweetened and bursting with fresh berries, it's as delicious as it is nourishing.

Chia seeds are tiny powerhouses loaded with omega-3 fatty acids, fiber, and plant-based protein, which help support digestion, heart health, and lasting energy. Combined with antioxidant-rich berries and calcium-fortified plant-based milk, this simple pudding delivers a creamy texture and a serious nutrient boost. Best of all, it takes just minutes to prepare—no cooking required.

**Yield:** Eight Cups

## Ingredients:

- 2 cups Unsweetened oat milk (or any plant-based milk)
- ¼ cup Agave nectar (maple syrup, or date syrup)
- 1 tsp. Vanilla extract
- ½ cup Mashed raspberries (or fruit of your choice)
- ½ cup Chia seeds
- 1 cup Assorted berries: raspberries, blueberries, blackberries, and chopped strawberries

## Directions:

-In a mixing bowl, whisk together the unsweetened almond milk, agave, vanilla extract, and raspberries until combined.

-Add the chia seeds and whisk until all ingredients are evenly mixed and blended.

-Transfer to a container. Cover and refrigerate for a minimum of two hours, GENTLY STIRRING IT AT THE ONE-HOUR MARK to ensure that chia seeds don't clump together.

-- I tend to refrigerate mine overnight.

-Serve cold and garnish with assorted berries.

## Notes:

-White and black chia seeds have the same nutritional benefits.

-Mixing fruit with chia seed pudding is a great way to add flavor, vitamins, and nutrients. Also, you can use different fresh or frozen fruit for a variety of flavors.

## Recipe Author

*Andréa Dunnam of The Plantrician Project, is a plant-based cook who enjoys sharing simple, approachable recipes through live cooking demonstrations. She focuses on creating whole food, plant-based dishes using everyday ingredients that are both nourishing and delicious.*

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