

# Seracal Yogurt Chia Pudding with Berries



Makes: 2 servings

Each serving contains  $\frac{1}{2}$  a serving of Seracal



## Ingredients:

1 serving Seracal  
( $\frac{1}{4}$  cup or 13.5 grams)

3-4 Tablespoons chia seeds

2 cups vanilla or fruit  
flavored yogurt

$\frac{1}{4}$  teaspoon cinnamon

Dash of salt

1 Tablespoon of your favorite  
sweetener like honey, maple  
syrup, or sugar (optional)

Recommended toppings:  
Berries, nuts, breakfast cereal,  
and granola

## Instructions:

1. In a mixing bowl, combine all ingredients and stir until well mixed.
2. Divide the mixture into single-serving containers and refrigerate until the pudding sets (at least 1 hour).
3. Once firm, top each pudding with toppings like fresh berries, nuts, breakfast cereal, and granola.