

# Pumpkin Banana Chia Pudding

Adapted from: Erinn Butulis

Prep time:

Cook time:

Total time:

Serves: 2



## Ingredients

¼ cup chia seeds  
¾ cup milk of choice  
½ banana  
2 tbsp. pumpkin puree

1 pitted date  
1 tsp. vanilla  
cinnamon to taste

## Instructions

1. Stir chia seeds into milk of choice and refrigerate for at least one hour.
2. Blend in pumpkin puree, banana, pitted date, vanilla, and cinnamon.
3. Serve and enjoy!