

# Gingerbread Chia Pudding!



Amanda Cooper

I always get asked if I know any easy, raw desserts that can be good for the holidays. My two-year-old son really likes this recipe for gingerbread chia pudding, it has become a holiday staple for us. It's really easy and delicious. Changing recipes for the holiday season is all about using the base recipes and then just changing and experimenting with the spices and seasonings!

*Have fun with it!*

## ALL YOU NEED IS:

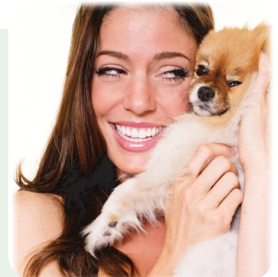
- ◆ ¼ Cup chia seeds
- ◆ 1 C. Nut milk\* or Coconut milk
- ◆ ½ C. water
- ◆ ½ C. pumpkin puree
- ◆ 2 Tbls. molasses or maple syrup
- ◆ 1 Pinch ground ginger
- ◆ ½ Tsp. pumpkin pie spice

## ALL YOU HAVE TO DO IS:

- 1) Combine nut or coconut milk, water, pumpkin, and maple syrup or molasses in a medium size bowl. Use a whisk to stir together. Add the pumpkin pie spice, ground ginger and chia seeds to the bowl and whisk until thoroughly combined.
- 2) Set aside and whisk again in 5 minutes, making sure that the chia seeds don't clump together.
- 3) Refrigerate for at least 30 minutes before serving.
- 4) Sprinkle with cinnamon and roasted nuts before serving.
- 5) Garnish with rosemary sprig.

\*You can experiment with different nut milks. Try Brazilian, pistachio, almond, cashew... To make your own nut milk, just use 1 C. nuts soaked overnight and blend with 2-½ C. water in a blender, high-speed for 20 seconds. Then squeeze through a nut-milk bag. *It's super-easy!* ■

Amanda Cooper is certified through the International Association of Colon Hydrotherapy, I-Act, and the National



Board of Colon Hydrotherapy, NBCHT. For questions or an appointment call Amanda at (406) 404-0951, or schedule an appointment online at [BigSkyCleanse.com](http://BigSkyCleanse.com). Send email to: [info@bigskycleanse.com](mailto:info@bigskycleanse.com). The Big Sky Cleansing Center is located at 2419 W. Main Street, Ste. 1, in Bozeman. (Take the side road off Main at Perkins Restaurant; go to the rear of the office complex there.) The center offers colon hydrotherapy, ionic foot spas, and health coaching in Bozeman. Discounted packages are available.



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