

# *Maureen's Chia Pudding*

## Ingredients

- 1 can (14 ounces) of coconut milk
- 1 teaspoon ground ginger
- 1 teaspoon vanilla
- Pinch of sea salt
- 1/4 cup local maple syrup
- Dash of cinnamon
- 1/2 cup of chia seeds
- Nutmeg for garnish

## Preparation

- Whisk together all ingredients in a mixing bowl.
- Cover and refrigerate overnight, or at least for 6 hours.
- If the mixture has too much liquid, simply mix in more chia seeds and refrigerate mixture longer.
- Garnish with nutmeg or cinnamon and fruits.
- Enjoy!