



Pumpkin Pie Chia Pudding

Yield: 8 Servings

Ingredients

- 1 ½ cups pumpkin puree
- 1 ½ cups unsweetened almond milk
- ¾ cup almond flour
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon nutmeg
- ¼ teaspoon kosher salt
- 2 tablespoons maple syrup
- ¼ cup chia seeds

Toppings:

- 1 cup pecans
- 1 peeled pomegranate

Instructions

1. Heat oven to 400 degrees.
2. In a blender, add pumpkin, almond milk, almond flour, spices, salt and maple syrup. Blend until smooth and well combined.
3. Pour into a medium sized mixing bowl. Using a spatula, fold in chia seeds. Cover and place in the refrigerator for a few hours (overnight is best). The chia seeds will thicken up the pudding.
4. Place the pecans on a small baking tray and cook in the oven until toasted, about 7 minutes. When cool, chop them into bite sized pieces.
5. When ready to serve, portion out pudding into serving glasses and add pecans and pomegranate seeds.

Nutrition Information

- Serving Size:** ½ cup
- Calories: 249
- Total Fat: 17 g
- Saturated Fat: 1.5 g
- Monounsaturated Fat: 5.9 g
- Polyunsaturated Fat: 4.3 g
- Protein: 6.4 g
- Carbohydrate: 21 g
- Sugars: 10 g
- Dietary Fiber: 7.8 g
- Sodium: 1.7 mg

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