

## Easy Chia Pudding

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*This protein-packed snack can be changed up with your favorite flavors and/or to pump up the health benefits. Try with chocolate soy!*

### **Ingredients:**

2 tbs Chia Seed (heaping tablespoons for thickness)  
1 cup Milk of choice (dairy, almond, soy, oat, etc.)  
Sweeten to taste with agave, honey, syrup, etc.

### **Directions:**

Stir 1 cup of milk into two heaping tablespoons of chia seeds. (If your milk isn't already sweetened, you may wish to add some honey, agave, syrup, or other sweetener.)

Pour into two small glasses, cups, jars or storage containers (to make 2 servings), cover, and refrigerate overnight. (You may wish to give them another stir after a few hours, for even seed distribution).

Enjoy plain, or with the topping of your choice - fruit is delicious!



## Banana Oatmeal Cookies

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*These 2 ingredient cookies are great for breakfast or a snack!*

### **Ingredients:**

2 Ripe bananas  
1 cup Quick-cooking Oats

### **Directions:**

Preheat oven to 350 degrees & get a cookie sheet.

Mash bananas in a large bowl and fold in raw quick-cooking oats.

Spoon cookie-sized dollops on the cookie sheet, leaving space between them to expand a bit, and cook for 15 minutes in the oven.

Remove the cookie sheet to a cooling rack or pad, then use a spatula to remove cookies and enjoy!

This is the basic recipe – but you can add chocolate chips, dried fruit, nuts, cinnamon, coconut, or other fixings to make them how you like!

