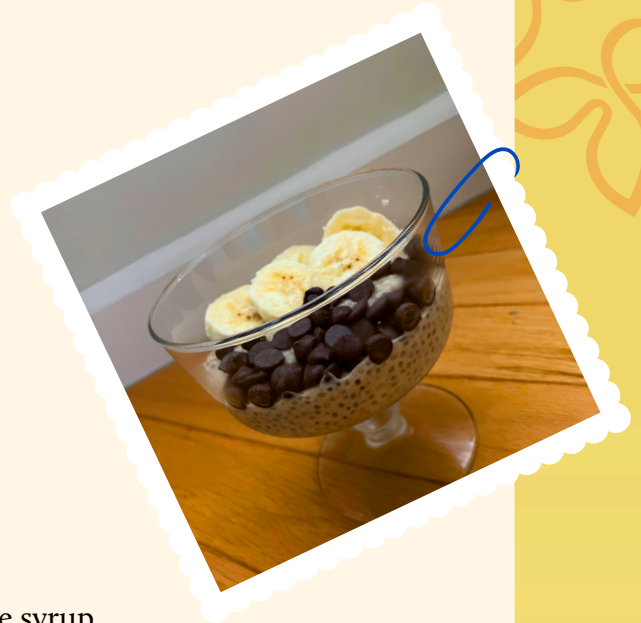


Peanut Butter Chia

by Monica Portogallo

Ingredients

- 3 cups milk or soy milk
- 2 tbsp. maple syrup or honey
- pinch of salt
- 1 ½ tsp. vanilla extract
- ¾ cup peanut butter
- ½ cup chia seeds
- Optional toppings include: chocolate chips, sliced banana, chopped apples



Directions

In a medium saucepan, stir together milk, maple syrup, and salt.

Heat over medium-low heat until almost boiling, stirring often, then turn off heat. Stir in vanilla.

With a whisk or a fork, stir in peanut butter until well combined.

Slowly stir in the chia seeds with a whisk or a fork.

Transfer to a dish with a cover and chill in the refrigerator for at least 1 hour.

Add toppings as desired before serving.



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