

Recipe Card: Chia Seed and Banana Pudding-Smoothie and Oatmeal

pudding/Smoothie:

¼ Cup of Chia seed

Brand Name: Simply Balanced

Nearby Location: Target (3065 S. Rita Way, Santa Ana, CA 92704)

Cost: \$3.99

1 Tablespoons of Vanilla Extract

Brand Name: Market Pantry

Nearby Location: Target (3065 S. Rita Way, Santa Ana, CA 92704)

Cost: \$3.79

1 Cup Greek Yogurt

Brand Name: Dannon Light And Fit

Nearby Location: Target (3065 S. Rita Way, Santa Ana, CA 92704)

Cost: \$4.99

2 Tablespoons of Maple Syrup

Brand Name: Market Pantry

Nearby Location: Target (3065 S. Rita Way, Santa Ana, CA 92704)

Cost: \$3.79

1 pinch of sea salt

Brand Name: McCormick Sea Salt Grinder

Nearby Location: Target (3065 S. Rita Way, Santa Ana, CA 92704)

Cost: \$3.49

1 Cup of Vanilla-Flavored Unsweetened Almond Milk (add an extra ½ cup for smoothie)

Brand Name: Blue Diamond

Nearby Location: Target (3065 S. Rita Way, Santa Ana, CA 92704)

Cost: \$1.99

Preparation:

1. Whisk together the almond milk, yogurt, maple syrup, vanilla, and salt until it is just blended.
2. Whisk in the chia seeds
3. Let it stand for 30 minutes
4. Cover and place in refrigerator
5. Portion into 4 cups
6. Refrigerator Extra
7. Enjoy!

Oatmeal:

1 Cup of old fashioned oats

Brand Name: Blue Diamond

Nearby Location: Target (3065 S. Rita Way, Santa Ana, CA 92704)

Cost: \$1.99

1 sliced banana

Nearby Location: Target (3065 S. Rita Way, Santa Ana, CA 92704)

Cost: \$0.99

1 pinch of sea salt

Brand Name: McCormick Sea Salt Grinder

Nearby Location: Target (3065 S. Rita Way, Santa Ana, CA 92704)

Cost: \$3.49

¼ Cup of Chia seed

Brand Name: Simply Balanced

Nearby Location: Target (3065 S. Rita Way, Santa Ana, CA 92704)

Cost: \$3.99

1 tsp of cinnamon

Brand Name: Market Pantry

Nearby Location: Target (3065 S. Rita Way, Santa Ana, CA 92704)

Cost: \$2.19

1 Cup of Vanilla-Flavored Unsweetened Almond Milk (add an extra ½ cup for smoothie)

Brand Name: Blue Diamond

Nearby Location: Target (3065 S. Rita Way, Santa Ana, CA 92704)

Cost: \$1.99

2 Tablespoons of Peanut Butter

Brand Name: Simply Balanced

Nearby Location: Target (3065 S. Rita Way, Santa Ana, CA 92704)

Cost: \$3.99

Preparation:

1. Add oats, banana slices (keep a few to garnish with), chia seeds, cinnamon, and sea salt to a pot
2. Add in almond milk and stir to combine
3. Heat over medium-heat for 8-10 minute or until all liquid is absorbed
4. Make sure to consistently stir over the heat
5. Portion into 3 bowls and mix in the peanut butter and extra banana slices
6. Refrigerator extras
7. Enjoy!