

ONE BITE

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Vegan Magazine

Sept / Oct 2019

TAKING CONTROL
OF YOUR HEALTH
with a Plant Based Diet

Healthy lunch box
AND SNACK
IDEAS FOR KIDS

WITH A COPY of VEGAN COMFORT COOKING + RECIPES

SEASONAL
» Fall Recipes «

MUST EATS IN MALTA - THE VEGAN TREATS YOU DON'T WANT TO MISS

FEELING SPOOKY!
VEGAN HALLOWEEN
RECIPES



Pumpkin Spice Latte Chia Pudding

PREP TIME:
10 minutes

COOK TIME:
0 minutes

TOTAL TIME:
10 minutes

YIELD:
2-3 servings

By Jess Hoffman

This pumpkin spice latte chia pudding with the delicious fall flavours you love in a traditional pumpkin spice latte.

INGREDIENTS

- ¼ cup chia seeds
- ½ cup coconut milk (full-fat from a can)
- ½ cup almond milk
- 2 tbsp maple syrup
- ¼ cup pumpkin puree
- 1 tsp pumpkin pie spice
- ½ tsp vanilla extract
- coconut yogurt or whipped coconut cream to top (optional)

INSTRUCTIONS

1. Mix all the chia pudding ingredients together in a bowl for 1-2 minutes until everything is well incorporated.
2. Cover and place in the fridge to firm up for at least 2 hours, or overnight.
3. Top with coconut yogurt or whipped coconut cream, and a sprinkle of cinnamon.



Jess (ChoosingChia) —

Jess is a writer, photographer, and recipe developer at choosingchia.com. Jess is dedicated to creating delicious, healthy vegetarian recipes that promote wellness. She aims to show her followers how easy it can be to cook healthy and delicious home-cooked meals.

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