



Chia pudding for a classroom

- 2 14 oz cans of light coconut milk
- $\frac{2}{3}$ cup of chia seeds
- $\frac{1}{4}$ cup maple syrup
- 1 tsp vanilla extract (also native to tropical Mexico, Central and South America)
- $\frac{1}{4}$ tsp salt

Mix all ingredients and refrigerate for several hours or overnight.
Makes enough for a class of 20 to have a taster size serving.