

Kiwi Chia Pudding

Did you know chia seeds and kiwi may help you sleep better? Chia seeds contain tryptophan, which helps raise melatonin and serotonin levels. These hormones support stable sleep. Kiwis are also rich in serotonin and antioxidants, both of which may improve sleep quality when eaten before bed.

Ingredients

Original recipe from: eatingbirdfood.com

(Yield: 1 large or 2 small servings)

- ¼ cup chia seeds
- 1 cup milk (almond, oat, etc.)
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract
- 1-2 kiwis, peeled and thinly sliced

Directions

1. Combine chia seeds, milk, maple syrup, vanilla and kiwi slices in a glass container or mason jar and let set for at least one hour or overnight in the fridge. Enjoy!