



Sara Paxton
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Chia Seed Pudding

Makes 3 servings

Ingredients

- 1 can full fat coconut milk
- 1/4 cup chia seeds
- 1 scoop Vanilla Multi-Collagen Blend
- 2-3 tsp cinnamon (depending on your taste)



Shake well in a blender bottle. Pour into 2-3 small mason jars. Refrigerate for at least 2 hours.


Enjoy!



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