

Peanut Butter and Jelly Chia Pudding

Here is a recipe for peanut butter and jelly chia pudding, a simple and nutritious make-ahead breakfast or snack. This recipe creates a creamy chia pudding with layers of peanut butter and jam that can be customized to your taste.

Ingredients

For the chia pudding

- 1/4 cup chia seeds
- 1 cup milk of your choice (dairy, coconut, cashew, or almond milk all work well)
- 1 tablespoon maple syrup or other sweetener, optional
- 1/2 teaspoon vanilla extract, optional
- Pinch of salt, optional

Optional toppings

- Fresh berries
- Granola
- Chopped nuts
- Sliced bananas

For the Peanut Butter and Jelly layers

- 2–3 tablespoons peanut butter, plus extra for drizzling
- 2–3 tablespoons jam or jelly of your choice (strawberry and raspberry are popular options)

Instructions

1. **Mix the chia pudding base:** In a jar or bowl, whisk or shake the chia seeds, milk, maple syrup, vanilla extract, and salt until well combined.
2. **Allow it to set:** Refrigerate the mixture for at least 2 hours, or ideally overnight, for the best pudding-like texture. To prevent clumping, stir the mixture again after about 20–30 minutes.
3. **Create the layers:** Once the pudding has thickened, spoon a layer of your favorite jam into the bottom of a serving jar or glass.
4. **Add peanut butter and pudding:** Add a layer of peanut butter over the jam, followed by the chia pudding mixture.
5. **Assemble and serve:** Top the pudding with more jam, a drizzle of peanut butter, and any other desired toppings. You can mix the layers together before eating or enjoy them separately.

Tips and variations

- **Prevent clumping:** Stirring the chia seed mixture 5–10 minutes after initially mixing will help distribute the seeds evenly and prevent clumps from forming.
- **Adjust consistency:** If your pudding is too thick, simply stir in a splash of milk until you reach your desired consistency.
- **High-protein version:** For an extra protein boost, substitute half of the milk with Greek yogurt in the chia pudding mixture.
- **Allergy-friendly:** Use a sunflower seed butter or almond butter instead of peanut butter, and be sure to use a plant-based milk for a vegan or dairy-free option.
- **Make your own jam:** Mash fresh berries (like blackberries or blueberries) and simmer them with a little maple syrup to create a quick and fresh "jam" layer.