

# Strawberry Beet Chia Seed Pudding

*Contributed by Brandon Park, executive chef, Hilton Sedona  
Resort at Bell Rock*

Difficulty: easy

Preparation: 4-5  
hours

Baking: NO

Makes: 6 - 4oz  
portions

Ingredients	Method
<p>½ cup chia seed 2 ¼ cup non-dairy milk ½ cup strawberries (fresh or frozen) 1 cup beet juice 1 tablespoon rice vinegar ½ tablespoon, honey</p>	<ol style="list-style-type: none"><li>1. In a med bowl, add chia seeds.</li><li>2. In a blender, add non-dairy milk, strawberries beet juice, honey, vinegar. Blend until completely smooth</li><li>3. Slowly pour mixture over bowl with chia seed while stirring, stir until thoroughly mixed</li><li>4. Place in fridge and let it sit overnight or at least 4-5 hours.</li><li>5. When you're ready to eat portion in mason jars, with your desired toppings like coconut, strawberries, herbs, flax seed, granola, etc.</li></ol>