

# Pear and Chia Seed Pudding

Makes 8 (1/2 cup) servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Ingredients

1 (15-ounce) can Pacific Northwest Canned Pears, halves,  
in juice, drained  
1-3/4 cups unsweetened almond milk  
1/3 cup chia seeds  
1 teaspoon cinnamon  
1/2 teaspoon pure vanilla extract

## Method

Put the drained pears in the jar of a blender and blend until smooth.

Add the almond milk, chia seeds, cinnamon and vanilla extract and blend on low speed until the ingredients are well combined.

Remove the contents of the blender into a bowl, cover and chill at least 3 hours, or until the pudding thickens and sets up.

Serve as is, or with your toppings of choice, such as lightly toasted pistachios or walnuts, and diced pears.

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## Nutrition

<i>Calories</i>	70
<i>Calories from Fat</i>	2.3
<i>Fat</i>	3.4g
<i>Saturated Fat</i>	0.3g
<i>Cholesterol</i>	0mg
<i>Sodium</i>	43.5mg
<i>Carbohydrate</i>	8.6g
<i>Dietary Fiber</i>	3.9g
<i>Sugar</i>	2.8g
<i>Protein</i>	1.9g
<i>Vitamin A</i>	87IU
<i>Vitamin C</i>	0.25mg
<i>Calcium</i>	174mg
<i>Iron</i>	1mg