



## Amazing Low-Carb Pumpkin Pie Pudding

### Description

*I love pumpkin and Chia. This is the best pudding ever.*

**Prep time:** Five minutes

**Total time:** Fifteen minutes

**Servings:** 1

### Ingredients

- 4 tablespoons of whole chia seeds (1.1 oz)
- 1/4 cup of coconut milk (2 Fl oz)
- 1/4 cup of unsweetened almond milk or water (2 Fl oz)
- 1/4 cup of pumpkin purée (1.8 oz)
- 1/2 teaspoon of pumpkin pie spice mix

### Instructions

1. Mix the coconut milk, chia seeds, water, ½ teaspoon of pumpkin spice mix, and pumpkin puree.
2. Pour the mixture into a jar and set aside for fifteen minutes or overnight in the fridge.
3. Top with pumpkin spice mix or cinnamon.