

Patriotic Chia Pudding

The following recipe is courtesy of [Bread Over Heels](#), a food scientist and blogger. For more of her recipes and baking tips, visit her website or her Instagram [@breadoverheels](#).

Serves 4

Ingredients

- 15 oz. raspberries
- $\frac{3}{4}$ cup, plus 2 Tbsp. almond milk
- 8 Tbsp. chia
- 1 Tbsp. sugar
- 1 container CocoWhip whipped topping, thawed
- $\frac{1}{2}$ cup blueberries

Instructions

1. In a small food processor, puree the raspberries until smooth. Transfer to a small bowl. Combine with almond milk, chia and sugar. Cover and let chill in the refrigerator for at least one hour.
2. Layer raspberry chia pudding, CocoWhip whipped topping and blueberries in serving glasses in that order until the glasses are full. Serve chilled.

