FLEURISH / DOCTOR'S KITCHEN

Eggnog-spice chia cups

make tonight, enjoy tomorrow

Creamy little cups scented with nutmeg, cinnamon and vanilla.



Serves 4 **Prep 10 min** **No cooking** **Chill overnight**

INGREDIENTS

- ☐ 1 1/2 cups milk of choice
- ☐ 6 tbsp chia seeds (1/4 cup plus 2 tbsp)
- ☐ 1/2 tsp ground cinnamon
- ☐ 1/4 tsp ground nutmeg, plus a pinch for each cup
- ☐ 1 tsp vanilla extract
- ☐ 1 tbsp honey or maple syrup, plus 1 tsp more to taste
- ☐ A small pinch of salt

LET'S COOK

☐ **1. Mix the milk**

Whisk milk, cinnamon, nutmeg, vanilla, honey or maple syrup, and salt until blended. Taste; add the extra sweetener if wanted.

☐ **2. Add chia**

Whisk in chia seeds for 1 full minute. Divide among four small glasses or jars, about 1/2 cup each. Stir the bowl between pours to distribute seeds.

☐ **3. Chill, stir, chill**

Refrigerate 30 minutes, then stir each cup well, scraping the bottom. Cover; refrigerate at least 4 hours more, ideally overnight, until thick and the seeds are plump.

☐ **4. Enjoy**

Dust with a pinch of nutmeg. If a cup is too thick, stir in 1 tbsp milk before serving.

Keep covered in the refrigerator for up to 4 days. This recipe uses nutmeg and vanilla for eggnog flavor; no raw egg is needed.