

# GOOD SAINT

## Black Lagoon Chia Pudding

### INGREDIENTS:

1 1/2 cups unsweetened almond milk  
1/3 cup chia seeds  
1-2 tablespoons maple syrup  
1 teaspoon vanilla  
(or skip the maple syrup + vanilla and use a few drops of vanilla stevia to sweeten instead)  
1 1/2 teaspoons charcoal powder (about 6 charcoal pills, emptied)

### DIRECTIONS:

Whisk together the almond milk, chia seeds, maple syrup, vanilla and charcoal completely in a large glass jar or bowl. Cover the container and place in the fridge for 4+ hours, stirring or shaking occasionally to check consistency and make sure charcoal has uniformly distributed in the pudding. The color will darken slightly as it sits.

When ready, simply serve as is or with some blood red fruit and optional granola. Can be shared with vampires and ghosts. Leftover last in the fridge for 3-4 days, unless your ghost friends get to them first. Enjoy!

