

## Seasonal Fruit Chia Pudding

Yield: 4–6 servings

### Ingredients

- Chia seeds – **60 g (1/3 cup)**
- Soy milk (無調整豆乳) – **480 ml**
- Greek yogurt – **optional, 40–60 g** (adds creaminess + protein)
- Ripe seasonal fruit (persimmon, apple, pear, or frozen berries) – **200–300 g**, chopped or puréed
- Vanilla extract – **1 tsp**
- Ground cinnamon – **1/2 tsp** (optional)
- Sweetener (maple syrup, honey, or minimal sugar) – **20–30 g** (or skip if fruit is sweet enough)
- Walnuts (chopped) – **20 g** for topping

### Instructions

1. In a bowl or container, whisk together soy milk, yogurt (if using), fruit purée or chopped fruit, vanilla, cinnamon, and sweetener.
2. Stir in chia seeds thoroughly.
3. Let sit 10–15 min and stir again to prevent clumps.
4. Cover and refrigerate **at least 4–6 hours** (overnight ideal).
5. Before serving, stir again. Adjust thickness with soy milk if needed.
6. Serve with walnut topping (or extra fruit, a drizzle of syrup, citrus zest).



## Persimmon Chia Pudding

**Yield:** 4 servings

### Ingredients

- Frozen Fuyu persimmons – **2 medium** (~250 g flesh, thawed, **peeled if needed**)
- Soy milk (調整豆乳) – **360 ml**
- Greek yogurt (plain, unsweetened) – **60 g**
- Chia seeds – **50 g** (≈¼ cup + 1 Tbsp)
- Vanilla extract – **1 tsp (5 ml)**
- Cinnamon – **½ tsp**
- Nutmeg – **a tiny pinch** (optional, enhances persimmon)
- Honey or maple syrup – **15 g** (≈1 Tbsp, **optional, adjust to taste**)
- Walnuts (chopped) – **20 g** (≈5 g per serving, topping, omega-3 boost)



### Instructions

1. **Prepare persimmons:** Thaw completely. Scoop out the flesh and discard any tough bits of skin. Blend until smooth.
2. **Make base:** In a large bowl, whisk together the persimmon purée, soy milk, yogurt, vanilla, cinnamon, nutmeg, and sweetener (if using).
3. **Add chia:** Stir in chia seeds thoroughly. Let sit 10 minutes, stir again to prevent clumping.
4. **Chill:** Cover and refrigerate at least 4 hours (overnight best).
5. **Serve:** Stir before serving. Spoon into bowls/ramekins (~150 g each). Top with walnuts for crunch and omega-3.

### Nutrition (per serving, with walnuts)

- **Calories:** ~190 kcal
- **Protein:** ~7 g
- **Fat:** ~8 g
  - Sat. Fat: ~1 g
- **Carbohydrates:** ~22 g
  - Sugars: ~12 g (persimmon + honey)
  - Fiber: ~7 g
- **Sodium:** ~60 mg
- **Omega-3:** ~0.25 g (from walnuts)

### Notes

- If the pudding is too thick after chilling, stir in 1–2 Tbsp soy milk.
- If your frozen persimmons taste a little “flat,” add **lemon juice (1–2 tsp)** before blending to brighten flavor.
- Works warm-season too: swap cinnamon/nutmeg for **yuzu zest** for a fresh Japanese twist.