

# Cranberry Orange Chia Pudding

## *the ingredients*

3-4 tablespoons chia seeds  
1/2 cup cranberry juice cocktail  
1/2 cup water  
1/2 cup mandarin oranges  
(1 small box of raisins, if desired)

## *the method*

Put all ingredients in a mason jar or bowl and mix well. Put in fridge for 1-2 hours or overnight. Remove from fridge, stir and serve. Add more liquid if mixture is too thick.

## *the nutrition*

KCAL: 168  
SAT FAT: 1 g  
FIBER: 11 g  
PROTEIN: 5 g  
ADDED SUGARS: 14 g