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