



Saffron Rose Chia Pudding

Growing up, one of my favourite desserts was “Shole Zard”, a Persian saffron rice pudding. This chia pudding recipe includes all of the beautiful flavours of a classic “Shole Zard” with the added benefit of fibre from the chia seeds.



Serving
4



Prep
5 Minutes



Refrigerate
2 Hours



Contributor
Niloufar Deilami, MPH RD

- 2 cups Unsweetened soy milk
- 8 tbsp Chia seeds
- ¼ tsp Saffron threads, ground and dissolved in hot water
- 2 tsp Rose water
- 2 tsp Honey (optional)
- ½ tsp Cardamom
- 12 Pistachios or dried rose buds (optional)

1. Mix all ingredients together and stir well.
2. Refrigerate for at least 2 hours.
3. Garnish with pistachios or dried rose buds.

DIETITIAN'S MESSAGE

Chia seeds are a great source of fibre and omega-3. They can help lower cholesterol, keep you full for longer and help you stay regular. Chia puddings can be a great snack, dessert or addition to your breakfast. You can experiment with different milk alternatives, flavours, and toppings to make exciting chia pudding recipes that the whole family can enjoy!



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
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on Neurodegeneration
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CCNV
Consortium canadien en
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