

Foodnity Recipes

No-Bake Blueberry Chia Seed Pie

15 min Prep time	**15 min** Total time	**6** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Crust

- [ ] 1 ½ cups crushed graham crackers
- [ ] 3 tbsp melted butter
- [ ] 2 tbsp honey

Filling

- [ ] 1 cup fresh blueberries
- [ ] 1 cup Greek yogurt
- [ ] ¼ cup honey or maple syrup
- [ ] 2 tbsp chia seeds
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp almond milk (optional for chia soak)

Instructions

1. Combine the crushed graham crackers, melted butter, and honey in a bowl; press the mixture into the bottom of a 9-inch springform pan to form an even crust.
2. In a separate bowl, whisk together the Greek yogurt, honey, and lemon zest until smooth.
3. Stir in the chia seeds and almond milk; let sit for 5-7 minutes while the chia swells into a gel.
4. Gently fold the fresh blueberries into the chia-yogurt mixture, being careful not to crush them too much.
5. Spread the filling over the prepared crust, smoothing the top with a spatula.
6. Refrigerate the pie for at least two hours, or until set. Garnish with extra blueberries and a drizzle of honey before serving.

Nutrition per serving

210 kcal	6 g	28 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter crust, increase the honey by one tablespoon.
- For a dairy-free version, use coconut yogurt and coconut oil in the crust.
- A pinch of sea salt in the crust deepens the flavor.