



Health Highlights



Prep  
5 min

Cook  
0 min

Ready in  
5 min

Servings  
2

## Coconut & Blueberry Chia Seed Pudding in a Jar

A great afternoon snack or a yummy desert!

### Ingredients

1/2 cup	Blueberries
1/3 cup	Chia seeds, ground
1 tsp	Coconut flakes
1 cup	Coconut milk, sweetened
1 tsp	Vanilla extract, pure

### Instructions

1. Combine chia seeds, coconut milk, and vanilla in the mason jar and mix.
2. Cover the jar and let sit overnight (3 hours minimum, but more than 6 hours is ideal).
3. Top with coconut shreds and blueberries.

### Notes:

No blueberries? Raspberries, strawberries, blackberries will work just great too!

#### Nutritional Highlights:

Blueberries - an excellent source of flavonoids which are excellent antioxidants

Chia Seeds - rich in antioxidants and an excellent source of omega 3 Fatty acids

Nutrition Facts	
Per Portion	
<b>Calories</b>	192
Calories from fat	104
Calories from saturated fat	32
<b>Total Fat</b>	11.6 g
Saturated Fat	3.6 g
Trans Fat	0
Polyunsaturated Fat	6.7 g
Monounsaturated Fat	0.6 g
<b>Cholesterol</b>	0
<b>Sodium</b>	30 mg
<b>Potassium</b>	105 mg
<b>Total Carbohydrate</b>	21.7 g
Dietary Fiber	11.7 g
Sugars	7.2 g
<b>Protein</b>	5.0 g

## Dietary servings

Per Portion

Fruit	0.5
Meat Alternative	0.9

## Energy sources

Alcohol	3%
Carbohydrates	33%
Fat	54%
Protein	10%