



Chia Pudding



2 servings



15 minutes

INGREDIENTS

- $\frac{1}{4}$ cup chia seeds
- $\frac{1}{2}$ cup coconut cream
- $\frac{1}{2}$ cup coconut water
- 1 tbsp honey, maple syrup or sweetener of choice, optional
- Top with berries or favourite fruits & toasted coconut
- coconut water
- For a less creamy version or coconut allergy alternate coconut cream for
- $\frac{1}{2}$ cup almond milk or milk of choice

NOTES

Substitutes:

- You can use any milk or sweetener of choice (honey, maple syrup, Brown rice malt syrup)
- Puddings can flavoured as you desire
- Choc - 1 tsp - Cocoa Powder
- Banana - $\frac{1}{2}$ mash banana
- Matcha - 1 tsp Matcha Powder

Storage:

- Store the chia pudding in a mason jar or food safe container for up to 1 week in the fridge.

DIRECTIONS

1. Pour ingredients into a bowl and mix well. Let settle for 2-3 minutes then mix again very well until you see no clumping.
2. Pour into container & store in fridge overnight or for at least 2 hours.
3. Scoop into serving bowl or into a jar for an easy takeaway snack.
4. Top with your favorite toppings and enjoy cold!

Time to cook: 15 minutes