

Coconut Chia Pudding

8 ingredients · 10 minutes · 2 servings



Directions

1. Combine all ingredients in a large container. Refrigerate overnight or leave on the bench for around half an hour or until chia seeds have set.
2. Stir well and divide into cups or containers if on-the-go. Enjoy with coconut yoghurt and top with some fresh berries (organic if possible) and the chopped mixed nuts!

Notes

Leftovers

Refrigerate in an airtight container up to five days.

Serving Size

One serving is equal to approximately 1.5 cups of chia pudding.

More Flavor

Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

Additional Toppings

Top with shredded coconut, berries, banana slices, nuts or bee pollen.

Ingredients

1 can Organic Coconut Milk (from the can or carton)

1/3 cup Chia Seeds

1 tsp Cacao Powder (Heaped)

1 tsp Vanilla Extract

1 tbsp Raw Honey

1 tbsp Unsweetened Coconut Yogurt (Available in Aldi Stores at a reasonable price (\$6))

1 tbsp Goji Berries (or dried blueberries or cranberries (available in Aldi Stores))

1/4 cup Mixed Raw Nuts (Roughly Chopped)