



Coconut Chia Pudding

2 servings 1 hour

Ingredients

180 milliliters Organic Coconut Milk (from the can or carton)180 milliliters Water50 grams Chia Seeds5 milliliters Vanilla Extract

Directions

Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.

2 Stir well and divide into cups or containers if on-the-go. Enjoy!

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 Flavour: Add maple syrup, honey, cinnamon or cardamom.

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