

COCONUT CHIA PUDDING

A thick, creamy 3-ingredient chia pudding that's perfect for a make-ahead breakfast or dessert



INSTRUCTIONS

1. Make the pudding

- 1/2 cup chia seeds
- 2 cups canned coconut milk
- 1 1/2 Tbsp monk fruit/allulose sweetener
- 1/2 tsp real vanilla extract
- Pinch of sea salt

In a large mixing bowl, whisk together the chia seeds, coconut milk, sweetener, vanilla, and salt until combined. Divide the mixture among 4 jars or cereal bowls and stir once more.

2. Chill

Cover the chia puddings and refrigerate for at least 1 hour, until thickened. For the smoothest texture, stir or shake each jar every 5 minutes for the first 20 minutes so the chia seeds don't clump at the bottom.

3. Serve

Once thickened, top with your favorite toppings — fresh berries, toasted coconut, or a spoonful of nut butter all work well — and enjoy.

NUTRITION (per serving, makes 4)

- Calories: 120
- Total Fat: 9g
- Total Carbs: 9g
- Fiber: 8g
- Net Carbs: 1g
- Protein: 4g

STORAGE

Store in an airtight container in the fridge for up to a week, or freeze in a shallow container for up to 6 months.



Recipe created by Mind-Body Functional Health.
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