



Coconut Chia Pudding

1 serving

2 Tb Chia seeds

1 cup lite coconut milk

¼ tsp vanilla extract

Stevia or agave to taste

Optional Ingredients

2 Fresh organic strawberries sliced

1 organic apple or pear diced

1 Tb goji berries

1 Tb raw cacao powder

- Soak chia seeds in coconut milk for 30 minutes or overnight in the refrigerator.
- Stir every so often so it doesn't get clumpy.
- It will be very thin at the beginning but don't worry it will come together.
- Shortly the chia will thicken the milk to porridge like consistency.
- Add any of the optional ingredients. Enjoy!