

CHIA SEED PUDDING



Serves: 2
Prep: 5 mins
Chill: 6-8 hrs



Nutrition per serving:
214 kcals 12g Fats
21g Carbs 6g Protein

V

DF

GF



Ingredients:

- 4 tbsp. chia seeds
- 1 cup coconut milk (250ml)
- 1 tbsp. honey
- 2 tbsp. greek yogurt
- raspberries, to serve

Preparation:

1. Place the chia seeds, honey and the greek yoghurt in a jar or bowl and pour in the milk. Stir everything together, cover and place in the fridge.
2. Store in the fridge overnight (or approx. 6-8 hours). Once the pudding reaches a jelly like texture, divide between 2 dishes and serve with fresh raspberries.