

# 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
- 4 Tbsp sugar\*
- 1 tbsp. honey
- 2 tbsp. vegan coconut yogurt
- raspberries, to serve

## Preparation:

1. Place the chia seeds, sugar and the coconut 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.

\*add sugar to preference