

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