



## Coconut Chia Pudding

2 servings

1 hour

### Ingredients

3/4 cup Canned Coconut Milk  
3/4 cup Water  
1/4 cup Chia Seeds  
1 tsp Vanilla Extract

### Nutrition

Amount per serving	
Calories	285
Fat	24g
Saturated	15g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	13g
Fiber	6g
Sugar	1g
Protein	5g

### Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to five days.

**Serving Size:** One serving is equal to approximately 1.5 cups of chia pudding.

**More Flavor:** Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

**Additional Toppings:** Top with shredded coconut, berries, banana slices, nuts or bee pollen.