

Coconut Chia Seed Pudding



Ingredients:

1 can (13.5 ounces) coconut milk
1/3 cup chia seeds
1 tablespoon sugar
1 teaspoon vanilla

In medium sized bowl mix all ingredients together. Chill in refrigerator for 30 minutes to allow chia seeds to expand.

Top with your favorite fruit.

Like chocolate?

Simply add a tablespoon of cacao powder into the mixture.

Fast food tip: Put in 8-ounce jars leaving room to add fruit. These ready-to-go portions are great for quick snacks, desserts or a quick breakfast.