



## CHIA SEED BREAKFAST PUDDING

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Yield: 8 servings

### Ingredients

- ❖ 2 ½ cups unsweetened coconut milk (“So Delicious”)
- ❖ 3 tablespoons coconut nectar (“Coconut Secret”)
- ❖ ½ teaspoon vanilla extract
- ❖ ½ cup chia seeds (“Shiloh Farms”, “Spectrum”)
- ❖ 1 teaspoon cinnamon



### Procedure:

1. In a medium size bowl, mix together the coconut milk, vanilla extract, and coconut nectar until combined.
2. Gently stir in the chia seeds.
3. Cover and refrigerate for at least 4 hours. Ideally it is best to have it sit overnight to allow the chia seeds to gel and form a pudding like consistency.
4. Optional add-ins: fresh berries, almond butter & a smashed banana, sesame tahini, cashew cream, coconut butter, shredded coconut, walnuts...etc.