



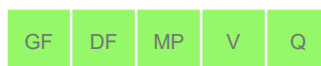
Coconut & Chia Seed Pudding

Serves 4

- 1/3 cup (70g) white chia seeds
- 14 oz. (400ml) can light coconut milk
- 1/4 cup (60ml) maple syrup
- 2 clementine's, peeled, segmented, chopped
- 2 kiwis, peeled, chopped

What you need to do

1. Combine the chia seeds, coconut milk and 2 tablespoon of the maple syrup in a medium bowl.
2. Cover the bowl and place in the fridge for 6 hours or until the mixture thickens.
3. Combine the clementine and kiwi fruit in a bowl. Add the remaining maple syrup and stir to combine. Set this bowl aside in the fridge until the chia seed pudding has thickened.
4. Divide the pudding between 4 serving bowls or glasses. Top with the fruit mix and serve immediately.
5. Alternatively, the chia seed pudding can be stored in the refrigerator for up to 5 days. Just add the fresh fruits when you are ready to eat.



Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	6 hrs	240	12	31	4

*Nutrition per serving

