



## Chia Seed Pudding

(Makes 4 generous servings or 6 petite servings)

### Ingredients:

1/2 cup chia seeds  
2 1/2 cups vanilla-flavored sweetened almond milk (can substitute with soymilk, rice milk, or hemp milk)  
1/2 cup shredded coconut, lightly toasted in skillet or in toaster oven using shallow pan  
Diced mangoes, strawberries, and/or pineapple. Blueberries and cherries work well, too.

### Directions:

1. Add chia seeds, shredded coconut, and almond milk to a quart-size or larger container. Stir well with fork so chia seeds are submerged in liquid and formation of lumps are reduced. Some seeds will likely float to the top – don't worry about these.
2. Once well stirred, cover with lid and put in fridge. Refrigerate at least 4 hours but preferably overnight. Before serving, stir mixture to make sure no lumps of chia seeds have settled on the bottom.
3. Spoon mixture into bowls and top with choice of fruit.

Note #1: If you like your pudding to be less firm, add 1/2 to 1 cup additional of almond milk to the mixture.

This pudding keeps well in fridge up to a week.

Note #2: The amount of sweetness is different for everybody. If you usually have unsweetened milk on hand, no need to buy a sweetened version for this recipe. Simply swirl in some honey after the mixture sets.

*Compliments of Fooducate – Elizabeth Lee, MS RD*