Coconut Chia Pudding

Ingredients Chia Pudding

- 5Tbsp of chia seeds
- 1 can of coconut milk (any non-dairy milk works)
- 2 cinnamon sticks
- 1 vanilla pod
- 3 drops of liquid Stevia (this can be replaced with any sweetener/sugar/honey/maple syrup - be creative)

Directions

1. Steep cinnamon sticks and vanilla pod in coconut milk for 20 minutes
2. Let cool
3. Whisk chia seeds into cooled milk and allow to sit overnight in the fridge.
4. Try to whisk every couple of hours to be sure it's well integrated.
5. Enjoy the next day for either breakfast (top with bananas, granola, cereal, nuts) or dessert (berries, cocoa nibs, chocolate curls, toasted shaved coconut).

Top it off

Le Bon Depart (the Good Start): Start your day off the right way with a chia pudding topped with orange slices for some Vitamin C and some cereal for some added fiber.

Berry-tastic: this is the perfect mid day snack to keep you going during those long afternoons. Top it off with blackberries and your favorite nuts for extra protein and nutrients.

Chia - colada: Top it off with some roasted coconut slivers as well as pineapple slices. This is a great dessert to serve at your next party for a healthy, but none the less just as delicious and satisfying as that chocolate cake!