

Chia pudding with mango, date & lime



Ingredients

gluten free, vegan option
Serves 2

- 200ml plain Greek yoghurt or coconut yoghurt
- 100ml coconut milk
- 2 tsp honey or preferred sweetener
- 4 tbsp black chia seeds
- 1 mango, peeled and cut into slices
- 2 fresh medjool dates, pitted and sliced
- 2 tbsp toasted coconut flakes
- 1 lime, zested



How to make

1

Between two glass jars, evenly divide the yoghurt, coconut milk, honey and chia seeds and then stir each jar's ingredients together so everything is well combined. Place the lids on the jars and leave them to set in the fridge for 10 minutes.

2

After ten minutes, remove your pudding jars from the fridge, stir the chia mixture in each jar one more time and then top each one with mango, sliced dates, toasted coconut flakes and the lime zest.

Enjoy immediately or place the jars back in the fridge with their lids on for up to 3 days.

Note: The longer you leave your puddings to set, the thicker they will get. If you find your pudding to be too thick for your preference when you are ready to eat them, stir through some extra coconut milk to loosen the pudding up before enjoying.

