



Creamy chia seed pudding

(Make 1 medium size jar)

Equipment: 250-300 ml glass jar with a lid

Ingredients:

Full fat coconut cream to fill 2/3 of the jar
(200ml—250 ml, depends on the size of the jar)
Coconut water or non-dairy milk of your
choice (rice, almond, oat, macadamia etc.)
to fill 1/3 of the jar
1 teaspoon of each

{ cacao nibs
sunflower seeds
crushed walnuts

1/8 teaspoon cinnamon

1.5— 2 tablespoons chia seeds
(According to your favourite texture,
i.e. runny or firm)
(other variations)

1 teaspoon of

{ cacao powder
matcha powder
raisin
blueberries
hemp seeds
chopped bananas



Direction:

- 1) Fill 2/3 of the jar with coconut cream.
- 2) Fill the rest with coconut water.
- 3) Add the rest of ingredients except for chia seeds and put the lid on and shake a bit.
- 4) Add chia seeds and put lid on. Shake it for a while until everything is mixed evenly.
- 5) You can enjoy it straight away but I prefer having it after 15 to 20 minutes in the fridge.