

Strawberry Coconut Chia Pudding

Prep time: 10 minutes

Total time: 45 minutes to overnight

Yield: 8 ½ cup servings

Ingredients:

2 cups strawberries, hulled (fresh or frozen)

1 can light coconut milk (or 2 cups almond or other milk)

1/4 cup honey

1 teaspoon vanilla extract

1 teaspoon lime zest (awesome, but optional)

1/2 cup chia seeds (white chia seeds work great for puddings but black are good too)



Directions:

1. In a blender, add all ingredients except chia seeds. Blend for about 30 seconds or until mixture is smooth and creamy.
2. Pour creamy strawberry mixture into a medium bowl and whisk in chia seeds.
3. Let mixture rest for a few minutes, whisk again. Repeat this 2 to 3 times to prevent chia seeds from clumping.
4. Refrigerate for 30 minutes to overnight to set up. The longer the pudding is in the fridge, the more it will thicken.
5. Serve and enjoy! Keeps in fridge for about 3 days.

Notes:

- This recipe is also excellent with other berries like blueberries, raspberries, sweet cherries, a blend of berries, or even frozen peaches. If using fruit other than strawberries, omit lime zest.

Nutrition Information:

Recipe serves 8. Per serving: 139 calories, 8g total fat, 4.6g saturated fat, 0mg cholesterol, 5mg sodium, 16g total carbohydrates 4g fiber, 2g protein, 36% Vitamin C, 7% DV calcium, 10% iron.

Recipe adapted from:

<http://www.erinharner.com/whole-food-recipes/strawberry-dream-chia-pudding/>

