

Coconut Chia Pudding

VEGAN HEARTBEATS

DETAILS

SERVES

4

PREP TIME

10 MINUTES

TOTAL TIME

4 HOURS

INGREDIENTS

1/4 CUP CHIA SEEDS

1/2 TEASPOON CINNAMON

1/4 TEASPOON VANILLA EXTRACT

2-4 DATES, SOAKED IN HOT WATER

PINCH OF SALT

1 15-OUNCE CAN OF COCONUT MILK

DIRECTIONS

COMBINE THE CHIA SEEDS AND CINNAMON IN A MEDIUM TUPPERWARE CONTAINER. STIR AND SET ASIDE.

MIX THE VANILLA, DATES (DRAINED), COCONUT MILK AND SALT IN A BLENDER. BLEND UNTIL THE DATES ARE COMPLETELY SMOOTH. TASTE FOR SWEETNESS, ADD ANOTHER DATE IF NEEDED.

COMBINE THE COCONUT MIXTURE WITH THE CHIA MIXTURE. STIR WELL.

COVER AND STORE IN THE FRIDGE UNTIL PUDDING TEXTURE, ABOUT 4 HOURS.



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NUTRITION

CALORIES

141

NUTRIENTS

CALCIUM

FIBER

OMEGA FATTY ACIDS

VARIATIONS

*SUB GINGER FOR CINNAMON

*ADD 2 TABLESPOONS DARK COCOA POWDER FOR A DESSERT VERSION

*LAYER WITH GRANOLA

*ADD DRIED FRUIT

NOTES

